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November 2016
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goodfood
Middle East

Al fresco dining

Refreshing ideas for enjoying food outdoors

WIN!
DINING VOUCHERS AND GOURMET HOTEL STAYS

A TASTE OF TEXAS

A Southern-style barbecue to try at home

MEALS MADE EASY

Everyday recipes to liven up your midweek repertoire

NEW INTERVIEWS, RECIPES AND ADVICE

Are you at risk of diabetes? • A Thanksgiving menu to remember • Healthy eating tips • Foodie happenings in Abu Dhabi • Restaurant recommendations

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Welcome to November!



While most of the world descends into cooler climates and winter warming diets, here in the Middle East, we move outdoors to enjoy the much anticipated 'winter' months. Inspired by this, our al fresco issue is packed full of light, mouthwatering dishes, perfect for serving and enjoying outside.

Host a tropical garden party, packed with flavours of the Caribbean from page 44, or up your barbeque game with Southern-style recipes inspired by smokehouse restaurants of the Lone Star state *(A taste of Texas, p36)* – be ready for finger-lickin' goodness.

This month also sees the American holiday of Thanksgiving on November 24 – yes, it's time for turkey! And whether you're celebrating or not, we have a delicious selection of recipes inside for savouring the occasion in culinary style, or using to brush up on your festive cooking skills before Christmas rolls around next month *(Lunch is served, p71)*. Speaking of which, don't miss our top gourmet gifting picks for treating your loved ones with over the holidays *(Fabulous festive gifts, p103)*.

And, while we all relish in the season of giving and indulging, as always it's important to be mindful of the health implications that come with over-indulging. November is Diabetes Awareness Month, and with the number of people suffering from the condition continuously increasing across the region, it's crucial that we actively make an effort to prevent such illnesses from developing *(Diabetes: are you at risk?, p85)*.

On a closing note, on behalf of the entire team, we'd like to wish all of the finalists in this year's *BBC Good Food Middle East Awards* the best of luck! Winners will be revealed at a glittering ceremony on November 7 – so be sure to look out for the announcement on our website.

Enjoy al fresco dining in the sunshine this month – I hope November's a tasty one.

Happy barbecuing, everyone!

Sophie
Editor

WHAT WE'RE LOVING!



"This egg & avocado open sandwich makes for a perfectly healthy and delicious lunch!" says sales executive, Liz.



Sales director, Michael says: "Turkey season is finally here, and this celebration menu is one sure to impress your guests."



"This choc chip pecan pie is a must-try," says graphic designer, Froilan.

BBC goodfood Middle East

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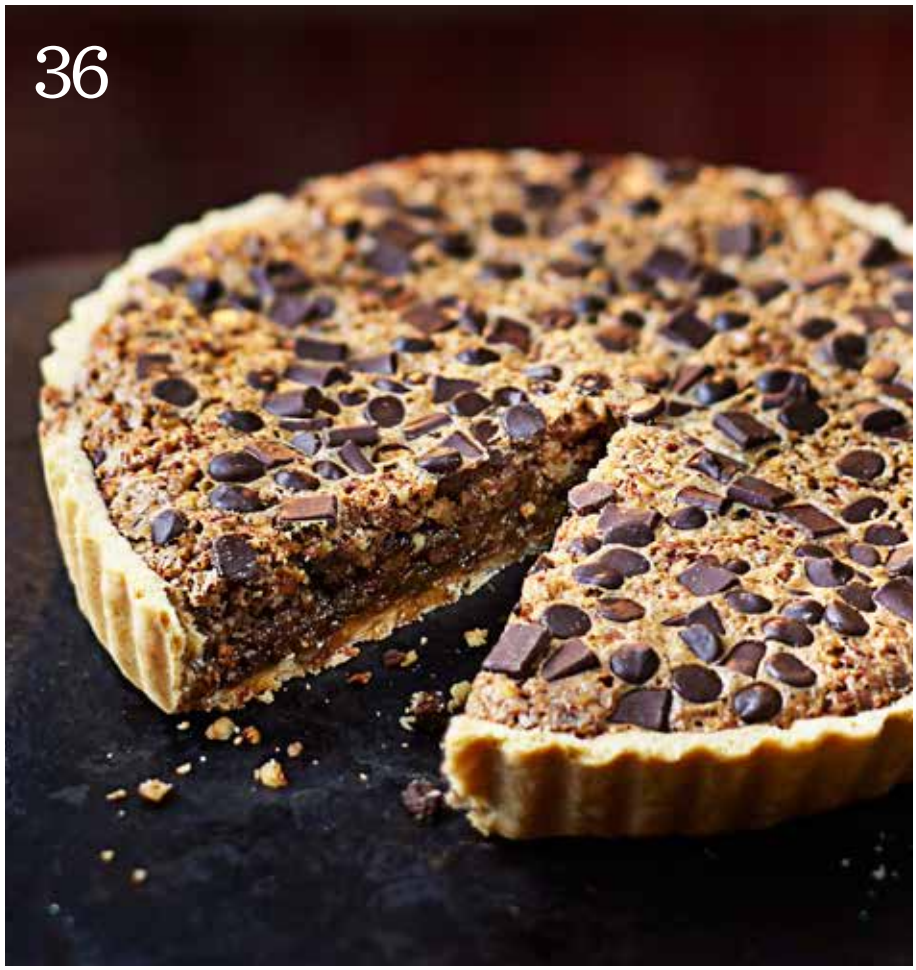
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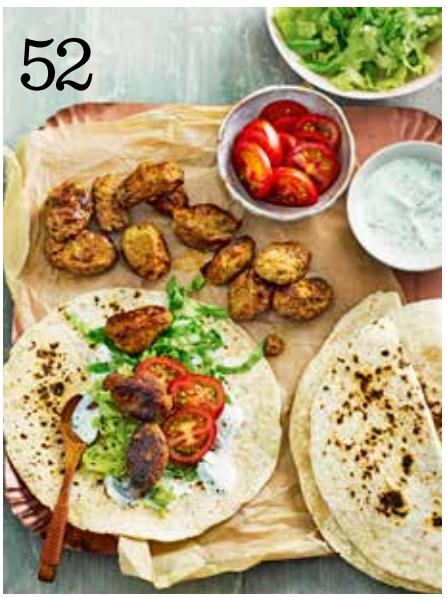
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Our recipe descriptions

V Suitable for vegetarians.
❄ You can freeze it.
Not suitable for freezing.
Easy Simple recipes even beginners can make.
A little effort These require a bit more skill and confidence – such as making pastry.
More of a challenge Recipes aimed at experienced cooks.
Low fat 12g or less per portion.
Low cal 500 calories or less per main.

Superhealthy Low in saturated fat, 5g or less per portion; low in salt, 1.5g or less; and at least one of the following: provides one-third or more of your daily requirement of fibre, iron, calcium, folic acid and/or vitamin C, or counts at least one portion of your recommended 5-a-day fruit and veg.
Good for you Low in saturated fat, low in salt.
Heart healthy Low in saturated fat, with 5g or less, and low in salt, with 1.5g or less, and high in omega-3 fatty acids.

1 of 5-a-day The number of portions of fruit and/or veg contained in a serving.
Vit C Iron Omega-3 Calcium Folate Fibre
Indicating recipes that are good sources of useful nutrients.
GLUTEN FREE Indicates a recipe is free from gluten.
Some recipes contain pork & alcohol. These are clearly marked and are for non-Muslims only. Look for these symbols:
P Contains pork.
Contains alcohol.

Your Say

We love hearing from you!



For the last two years, BBC Good Food ME has become a source to depend on. I look forward to receiving this magazine every month, with its wonderful write-ups and articles – I'm always learning something useful in the kitchen from it. Recently for my son's birthday I made this cake, with tips from the magazine, and I must admit it turned out well and the personal touch was much appreciated by the family. I look forward to more innovative and skillful articles, which will hopefully continue to have positive impact on me and my family's lifestyle and help me to bring new healthy menus to our table.

Zaitoon Hameed



I'd just like to send praise for the pumpkin pancakes recipe in October's issue. They not only looked amazing, but tasted so delicious drizzled in salted pecan butterscotch sauce – incredibly mourish. Keep the yummy dessert recipes coming, please!

Erica Haist

Win!



The Winner of the Star Letter gets a **DHS 1,000 Shopping Voucher from Tavola,** The leading retailer of European products and essential items for kitchens. Tavola is a one-stop shop for bakeware, tableware, high quality cookware and premium brands such as Mauveil, Le Creuset, and Zwilling Kitchen knives. They have stores in the UAE and Qatar, as well as across the GCC.

STAR LETTER



I can't tell you how delighted I was to see your article in the August edition on Shangri-La Hotel, At The Shard, London. It brought back wonderful memories of my visit to London to celebrate a special birthday. Unbeknown to me, my daughters had arranged a surprise champagne afternoon tea for our family at The Shard. I felt extremely lucky to be able to share such a special day with four generations of us, from my 88-year-old parents to my 2-year-old granddaughter, enjoying the amazing views and wonderful atmosphere of this delightful place. The teatime treats were delicious, especially so as our senses were heightened anyway by the breathtaking views. I must mention too, the warm welcome and unhurried atmosphere. Nothing was too much trouble, the service was attentive but unobtrusive, and the staff seemed happy that we were happy. After wholeheartedly agreeing with your article I can't wait for your next recommendation. Perhaps the next special birthday I have will be somewhere new to me that you have recommended. Keep up the good work!

Patricia Milton

TALK TO US!

Email us on feedback@bbcgoodfoodme.com
with your thoughts and comments, and send us your photos with your copy of BBC Good Food ME!

You can also connect with us on social media! Find us on: **@bbcgoodfoodme**

Or, you could write to us at: The Editor, BBC Good Food Middle East. Grosvenor Business Tower, Barsha Heights, Office 804 PO Box 13700, Dubai, UAE.

Compiled by SOPHIE MCCARRICK | Photographs SUPPLIED

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NEWS *nibbles*

What's hot and happening in the culinary world, here and around the globe.

A DINNER EXCLUSIVE



For one-night only on November 9, culinary icons Tom Kerridge and Jason Atherton will visit Marina Social at InterContinental Dubai Marina to join the restaurant's chef patron, Tristin Farmer, for a gourmet evening to remember. The trio will work side-by-side to serve a seven-course dinner, including dishes like goat's cheese churros, marinated Scottish hand-dived scallops in the shell, chilled parsley soup, steamed wild sea bass, treacle cured fillet of beef, nutmeg custard tart and blackberry Etonmess. Tom, Jason and Tristin will be on-hand throughout the evening, sharing their tips and tricks for creating mouth-watering meals. The dinner experience is priced at Dhs699 for seven courses including house beverage pairing, and Dhs599 for seven courses including soft drinks pairing. Vegetarian option available upon request. Call 04-4466664.



THE BEST BITES

FOOD FOR THOUGHT

Last month, Sheraton Grand Hotel, Dubai hosted a culinary evening in support of 'Road to Awareness', Marriott International's annual associate fundraising campaign, which supports children in need. The event took place in the Starlight Ballroom and saw an impressive Dhs152,574 ($41,539) raised. During the event, 19 of Marriott International's executive chefs showcased specialties from their signature restaurants.

Text SOPHIE MCCARRICK and LILY BARCLAY | Photographs SUPPLIED

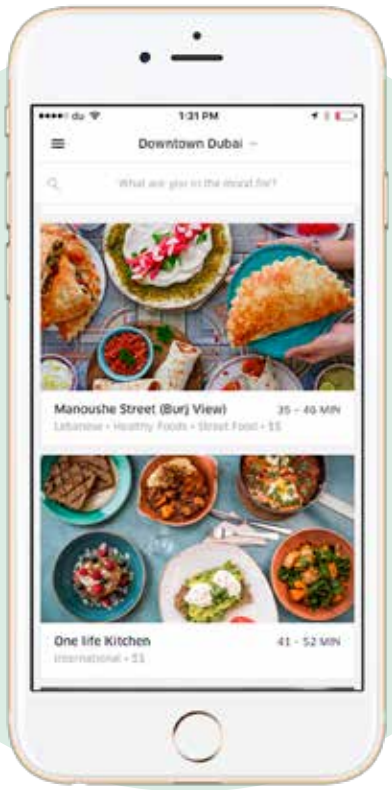


LET'S BRUNCH

Dubai brunch-goers, here's one you don't want to miss! Last month, Mr & Mrs Brunch launched their first mobile app 'Let's Brunch' – a dedicated, informative and easy-to-use brunch information portal, which also offers discounts on over 30 of Dubai's top brunches. The Let's Brunch app features a comprehensive list of almost every brunch in Dubai and Abu Dhabi with special unlimited use benefits such as discounts, free post-brunch beverages and complimentary pool access. Let's Brunch is free to download from the app store.

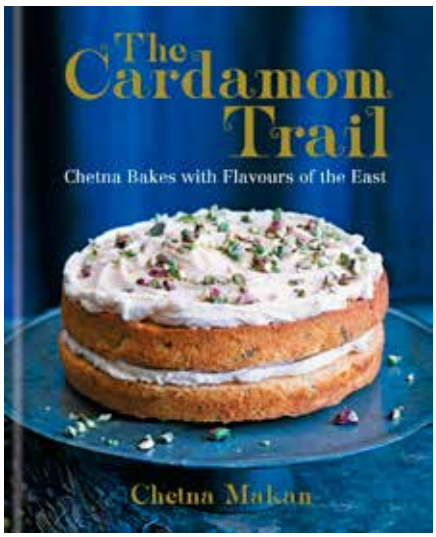
"ONE CANNOT THINK WELL, LOVE WELL, SLEEP WELL, IF ONE HAS NOT DINED WELL.

- Virginia Woolf



CULINAREADS

The Cardamom Trail: Chetna Bakes with Flavours of the East, *by Chetna Makan (March 21, 2016)*



Known for her unique recipes, Chetna Makan successfully introduces colourful spices, aromatic herbs and other Indian ingredients into traditional Western baked favourites. Whether it's a sponge cake with a cardamom and coffee filling; puff pastry bites filled with fenugreek paneer; a swirly bread rolled with citrusy coriander, mint and green mango chutney; or a steamed strawberry pudding flavoured with cinnamon, Chetna's Indian influences aims to transform your baking from the familiar to the exotic, from the ordinary to the extraordinary. In her first published cookbook, discover rare but precious traditional bakes from India, as well as new spice-infused recipes. If a look into the history of Indian herbs and spices interests you, this cookbook will most certainly help you learn how to match foods and flavours.

DINNER TO YOUR DOOR

We knew it wouldn't be long until UberEATS launched in Dubai – and it's now happened! Available for download, the UberEATS app allows you to order local favorites from your smartphone (available for iOS and Android) or by visiting ubereats.com. Powered by the same technology that enables riders to get from A to B, UberEATS connects customers to dishes from a selection of restaurants. Delivery will be available through the app seven days a week, from 11am to 11pm from Sunday – Thursday and for the late night eaters, until 5am over the weekend.

Kitchen update



Feeling like your kitchen needs a makeover? Head to Hacker Kitchens, where you'll find the new range for 2017 now available. The range offers something for everyone, using colours and textures to stunning effect. Hacker makes the world's only tropicalised kitchen, that are specially sealed and treated with an anti-fungal layer during the manufacturing process, using a sealant that expands and stretches with temperature. This makes the cabinets less penetrable by moisture, therefore increasing durability. All of the new styles were designed with the Middle East and Asia Pacific regions in mind, and feature options including: Bronze and Mocha Oak (pictured), Black Star and Polar White, Taupe and Mocha Oak, Polar White and Sherry Oak, Velvet Blue, plus Titanium and Polar White. Hacker Kitchens typically start from Dhs130, 000. Visit **hacker.ae.**

AL FRESCO LOVIN'

As we're finally able to dine outside again, Fortnum & Mason, have reintroduced two delicious hamperlings which contain everything needed for an exceptional afternoon tea experience. Featuring all tea time necessities such as scrumptious sandwiches, fresh scones and jam, and some all-important tea the easily portable hamperlings make the ideal accompaniment to a boat trip, long walk or leisurely picnic in the park. Priced at Dhs90 for one, or Dhs220 for two from Fortnum & Mason.

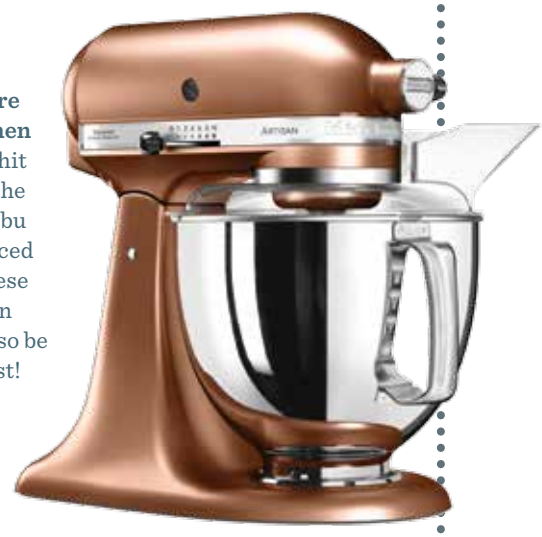


Top product picks



Mashed potato is so much more delicious when it's smooth and lump free. This 'Masha with Aerator Blade' gets perfect results in as little as 20 seconds. Available at Lakeland for Dhs270.

These Copper KitchenAids are the latest kitchen 'must-have' to hit Tavola Mall of the Emirates and Abu Dhabi Mall. Priced at Dhs4,495, these beauties come in limited stocks, so be sure to move fast!





This Easy Zyliss Pull Food Processor creates results as precise as an electric chopper. From easily chopping and mixing, to pureeing or blending fruit, nuts and herbs this processor uses a manual pull-cord system that works like a spinning top. Priced at Dhs150 from Lakeland.

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IMMER BESSER



INGREDIENT OF THE MONTH

CRANBERRY

Pronounce it: Kran-ber-riy

Really coming into their own around the festive season, believe it or not cranberries are good for a whole lot more than just accompanying the turkey. Cranberries are rather tart, deep-red coloured berries which grow on wild shrubs throughout Europe and North America. In their prime during October and December, cranberries are high in vitamins C and D, plus potassium and iron. Their unique flavour compliments both sweet and savoury dishes, as well as beverages. They are also used in a number of natural health remedies. When picking cranberries at your local market, opt for the ones that look plum and firm, with ruby-red skin. You can also buy dried cranberries – which are great for healthy snacking. Once you have your cranberries at home, store them in the fridge for up to two months, or freeze them for up to a year. Popular around this time of year, cranberries are used to make sauce, however, they are also great when fresh in a summer pudding, as a sorbet or blended into a smoothie. If you're buying dried, try adding them to breakfast bars, musli or baked in warm muffins.

LET US KNOW: *What do you make with cranberries?*

@bbcgoodfoodme @bbcgoodfoodmiddleeast

Shot by CHLOE MCCARRICK | Photographs from SHUTTERSTOCK



'Chaat'

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ASK THE EXPERTS



Sally Prosser

Author of award-winning food and travel blog www.mycustardpie.com and keen eater. Champion of sourcing local, ethical, seasonal ingredients, knowing where your food comes from and the impact it has on your health and the planet. Loves custard.

Q With the festive season approaching, which venues would you recommend visiting in the run up to Christmas?

I just adore the way Dubai does festivals and celebrations. Christmas sees enormous trees and lavish ornaments in the malls and even festive music in the supermarkets.

Traditions have sprung up too, many related to festive feasting, repeated every year and marked in the calendar. Although on the day itself I'll be cooking the full Christmas dinner for a gang at home, these are a few things I look forward to get me in the mood.

My cookie cutter collection is huge and I can't wait to get cracking on gingerbread throughout December. Gingerbread making sessions are plentiful around town including one held by The French Bakery at The Dubai Winter Festival. It helps if you have young children in tow for that one, but the spectacle of hordes of people in Santa hats in 25C is a sight to behold. Le Meridien Mina Seyahi always has a beautiful gingerbread house in their lobby (make a note for Instagram!) and I'm waiting for someone to beat the Waldorf Astoria in Ras al Khaimah who made a full sized edible train last year.

Christmas tree lighting ceremonies have also caught on and really bring on the Yuletide spirit, especially accompanied by something warm and spicy in your glass and a mince pie. The Fairmont Dubai and Emirates Golf Club are two places do it really well year after year. A firm favourite in the calendar it, feels like a real Dubai tradition.

With so much cooking going on I like to go out on Christmas Eve (as long as all my presents are wrapped!). Bombay Brasserie's festive menus, at Taj Dubai, serve traditional Indian with a convivial twist, such as turkey tikka. It means you save all your customary favourites for the next day's feast, plus you get a phenomenal view over Dubai reminding you just how lucky you are to be spending Christmas in the desert.





Q For Thanksgiving, what's your advice on creating the perfect turkey that's tender and juicy?

Very often, I hear people say that they don't like turkey as it is dry meat. That they eat it out of tradition rather than preference. It does not have to be like that. Here are my tips for the juiciest turkey – the tricks are in the preparation.

1. Start with buying the correct size – calculate about ½ kg per person. You can also order online – one of the best in quality is from secretsfinefood.com
2. Brine the turkey in advance – at least 24hours – it will make the meat tender and juicy (as with any poultry). The ratio is 30g salt for 1 litre of water. It has to be kept in big enough container to keep the turkey fully covered in the brine.
3. Before you put the turkey in the oven, wash of the brine and dry it off with kitchen paper towel.
4. Pre-heat the oven on a high temperature of 160C. It will need to be roasted for about 3 hours for 6kg bird.
5. Keep a baking tray with a little bit of water underneath the turkey while roasting – it will collect all the jus drippings to be used for the gravy.
6. Invest in a thermometer – it is valuable tool for your kitchen – turkey is cooked, when the temperature shows 76C in the thickest part of the bird – which is usually the leg.
7. Rest the turkey for at least 20 minutes before carving.

Happy Thanksgiving!



Tomas Reger

Award-winning freelance chef and food consultant behind successful projects such as Intersect by Lexus Dubai, Le Sushi Bar Beirut, Junkyard Beirut and the Bloomie's Kitchen Cooking Demo Series.

ASK THE EXPERTS



Darren Velvick

Head chef at The Croft, Dubai Marriott Harbour Hotel & Suites, the former patron chef of Table9 has also been head chef at two Michelin-starred restaurant, Marcus Wareing at The Berkeley, and worked alongside Gordon Ramsay at Pétrus.



Q It's finally cool enough to dine outside again! Where's on your list to visit with outdoor seating this month?

Many of us don't get enough of the great outdoors any time of year. Studies have shown that populations that spend more time indoors also have higher rates of depression and anxiety. Taking lunch outdoors is a natural mood booster. If you've been spending too much time in a windowless office, you'll be truly amazed the difference just spending your lunch hour outside can make. For me there's something about fresh air, sunshine, or a nice breeze that just makes you want to get some exercise.

Vitamin D is wonderful for the immune system. So every meal you eat outside on a sunny day is auto vitamin D booster.

As I have kids I like to find places where they can run outside very often we make a picnic and go to the beach or the park. If you don't feel like making a picnic, Lime Tree Café can do this. Just pre-order a picnic, and it comes with great sandwiches, mini rolls, mini quiches, scones and preserves and a mini cheese board. Breakfast versions are also available egg pies, muesli pots, savoury scones and sweet muffins.

For eating out, these are my picks: At The Beach, JBR there's a restaurant called Retro Feasts serving British style breakfast, lunch and dinners. Also in the same area, Pots, Pans and Boards, doing up market dishes served nice and rustic.

Healthy style would have to be Hayley Macs new restaurant called One Café by Life n' One, where you can also do yoga, pilates, meditation and lots of other well-being programs.

Plus, City Walk is open and it's lovely to stroll down Bond Street do some shopping and then sit out in one of the many restaurants.

Q As we enter festive season and the calendar fills up with social events – what tips do you recommend following to avoid piling unwanted pounds on?

With the holiday season almost upon us, we need to become savvy with our food choices to avoid the extra pounds that creep on leave us feeling a little heavier into the new year. Here are my top tips to help you avoid those temptations:

Make sure you have nutritious meals during the day and leading up to your event. Many people will often skip their meals to try and save calories for a big evening dinner. Doing this you will turn up to your even starving and end up devouring the entire buffet.

During the holidays our schedule often changes and it can be easy to get of our exercise routine. This is the biggest mistake you can make. Once you break that habit, it's hard to start again. It's important to always makes the time to exercise, even if that means getting up an hour earlier in the morning. If you know that you are likely to skip your gym session, organise to go with a friend or sign up to a class so there is no getting out of it. If you are on holiday and don't have access to a gym, simply go out for a long walk first thing in the morning – also a great way to explore a new city.

Control your portions at the event. We have all been there, we know we have had enough of the mini sausage rolls we just can't stop. Fill your plate first with the vegetable dishes and salads and drink plenty of water.





Chloe Moir

A nutritionist with over 4 years' experience, Chloe teaches clients to make healthy choices and small lifestyle changes that help to achieve personal goals. Her food and nutrition blog offers nutrition tips and nutritious recipes: www.chloemoirnutrition.com.


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Flavours of the *month*

Here is what's hot and happening around town this month.

New on the block

Aji, Club Vista Mare, Palm Jumeirah

Situated in the brand new beachside Club Vista Mare, Aji is set to take Nikkei-style dining to the next level of luxury. Combining South American flavours with Japanese precision, the Nikkei restaurant boasts effortlessly lavish interiors, an amber-lit terrace, sake-shaken cocktails and eclectic rhythms, with sweeping vistas of the Dubai Shoreline. *See aji.ae.*

Tom's Kitchen Deli, Riverland at Dubai Parks & Resorts

Chef Tom Aikens is set to open his second culinary venture in Dubai this month. Tom's Kitchen Deli is expected to take classic fast food to the next level, offering express food and drink options in a fun and lively environment, perfect for families visiting the theme park. The daily changing menu features highlights like the 'Cod Dog' with cod fish fingers in a brioche roll, 'savoury tacos', doughnuts filled with peanut butter and jelly or salted caramel; and sweet crepes served with various ice creams and toppings. *Call 800 2629464.*

Veri Peri, near Deira City Centre

Quick-service, Portuguese restaurant, Veri Peri will open its first branch outside of the UK in Dubai this month. Offering authentic food from Portugal, the restaurant's produce is fresh and locally sourced, and the menu serves up more than the traditional Veri Peri Chicken. Signature dishes include beef espetada, sizzling steak and cataplana, plus more. *Call 04-2 638638.*

Big Daddy's Dubai, Burjuman Centre

With fluffy pancakes, juicy burgers, crispy tots, soda floats and thick milkshakes, Big Daddy's has opened in Dubai to offer a portion of authentic American, 80s-styled fun including retro arcade game machines and 80s soundtracks. In its first venture outside of New York, the restaurant is open from 9am daily serving everything from all-day breakfast, and waffles, to chicken grills, buffalo wings, sandwiches, melts, and fried chicken. *See bigdaddysnyc.com/dubai.*

Aji, Club Vista Mare, Palm Jumeirah

Text by SOPHIE MCCARRICK | Photographs SUPPLIED



↘ Nikki Beach Dubai, Pearl Jumeirah

Make a day out of it and head for lunch in the sunshine at Nikki Beach Dubai, where you'll find a poolside terrace, and the perfect spot to watch the sun go down. Offering globally-inspired cuisine, with the tastes and spices representative of all the countries Nikki Beach is located in across the world, the menu includes delicious salads, creative sushi rolls, original seafood entrees and slow-roasted free-range rotisserie chicken. You'll also have the option to enjoy Nikki Beach from day to night with other offerings including an oversized leisure pool, swim-up bar, enclosed and open cabanas and a 4-tier VIP terrace. *Call 04-3766162.*

↘ Medley Restaurant, Pullman Dubai Creek City Centre

Every Friday between 7.30-11pm enjoy an Indian feast fit for a maharaja for just Dhs120 per adult and Dhs70 for children under 12, including soft drinks. The recently launched theme night called 'Art of Spice' showcases a variety of dishes with a focus on Northern Indian cooking. *Call 04-2941222.*

↘ Laguna Lounge, Sofitel The Palm

In time for the cooler weather, Laguna Lounge will open this month offering a relaxed yet vibrant atmosphere overlooking the Dubai skyline. The lounge's menu ranges from light bites to sharing platters and delicious dishes such as beef espedada, chocolate fondue and watermelon pizza. There will also be a carefully crafted beverage menu, ensuring that it's a refreshing spot for sundowners. *Call 04-4555656.*





↘ *The Tap House, Club Vista Mare, Palm Jumeirah*

Set upon 'The Shoreline', this 300-cover beachfront restaurant and bar opened last month, to serve as a socially relaxed hangout for families and friends to gather, catch up and watch the latest sporting game. Offering gastropub fare, The Tap House is open for breakfast through to dinner, plus a weekend brunch – so if you're in the mood for a top-quality burger and a beverage, sat on the beach, here's where to head. *Call 04-5143778.*

↘ El Sur, The Westin Dubai Mina Seyahi Beach Resort

Looking for the perfect spot for al fresco dining? El Sur's outside terrace offers sunset views over the ocean and an ambiance that transports you to the cobbled streets of Spain. Serving up an authentic selection of tapas, enjoy dishes such as padron peppers, patatas bravas and broken eggs with chorizo. For contemporary twists on classic Spanish cuisine, El Sur promises a memorable meal that won't leave you hungry! *Call 04-3997700.*





↘ Cook Hall, The Westin Dubai, Al Habtoor City

There's a new gastropub in town, serving up modern American fare, hand-crafted beverages and speciality brews for lunch and dinner, in laid-back surroundings. The menu comprises signature dishes, including: crispy duck tacos, pastrami sliders, kale caesar salad, and butter chicken – with each dish designed for sharing. *Call 04-4355577.*



Celebrate Thanksgiving!

Perry & Blackwelder's, Madinat Jumeirah

A time for reflection, thanks and spending time with loved ones, Thanksgiving is also all about good, hearty food – and lots of it! Perry & Blackwelder's invites you and your nearest and dearest for a traditional American Thanksgiving feast on November 17, as all of the classic dishes are served up. From a choice of main courses including a slow smoked turkey with cornbread stuffing, turkey gravy and cranberry sauce, to BBQ beef smokey meat loaf wrapped in streaky beef bacon, each dish comes served with a choice of sides including traditional favourites. Priced at Dhs250 per person for 3-courses, from 12-11pm on November 17. *Call 04-3666197.*

Fume Neighborhood Eatery, Pier 7, Dubai Marina

Why spend your Thanksgiving working in the kitchen when you can enjoy the company of friends and family celebrating the holiday overlooking Dubai Marina in the cooler weather. Fume's thanksgiving menu will include holiday specials like 'stuffed turkey breast roulade in cranberry sauce' along with other signature items including 'fish cakes with beef bacon', 'baked crusted meatballs pasta with eggplant and mozzarella' and a perfect sweet ending with the classic 'red velvet swirl cheesecake'. *Call 04-4215669.*



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Tried & tasted

Each month, we review two of the city's top tables.







Reviewed by Sophie McCarrick
Editor of BBC Good Food Middle East, lover of all things food and a keen seeker of new dining experiences.

WHERE: The Hide, Al Qasr Hotel, Madinat Jumeirah

WHAT'S IT LIKE: Inspired by modern meateries from across the United States, The Hide is a carnivore's dream. Inside the décor is warm and welcoming, as are the front of house staff who make you feel instantly relaxed and at ease with perfected hospitality. Red meat is the star of the show at this casual yet high-end restaurant, and the menu doesn't disappoint. Cosied into one of the plush booths, we ponder the menu that playfully divides options into cheeky sections like 'leaf lovers' for salads, 'the meat locker' for steaks that have been dry aged for a minimum of 28 days, and 'forgotten cuts' showcasing the butcher's best kept secrets. There's also a seafood section featuring a range of fish options, plus the meat market for a selection of lamb, poultry and beef. To start, we shared dishes of beautifully roasted scallops and squid, plus a warm, oozing four cheese artichoke dip (incredibly moreish!), and my favourite of the three, a DIY rose veal steak tartare – served with a gorgeous Bloody Mary tonic and sourdough toasts for scooping. For main, the prime back angus tenderloin came just how I like it, medium-rare and packed full of flavour. My dining partner enjoyed the flat iron steak with Korean marinade and kimchi salad, which was as equally tasty. On the side, don't miss the creamed kale and buttermilk onion rings. And, if you have room for dessert, the campfire s'mores come layered in a Kilner jar, melted to marshmallow, chocolatey perfection. The verdict? This is fantastic spot for a social evening out with great quality food. For the guys, I'd recommend heading in on a Tuesday evening where all men receive two for one on American prime time cuts, Jack, mixed beverages and selected hops/grapes – plus during November, the best groomed gentlemen on the night wins a voucher for Chaps and Co. (all in the name of Movember).

IF YOU WANT TO GO: Around Dhs350 for three-courses, excluding beverages. *Call 04-4323232.*





WHERE: Carnival by Tresind, Burj Daman, DIFC

WHAT'S IT LIKE: Like its sister restaurant, Tresind, this recently opened Indian eatery is no ordinary curry house. And, while Carnival by Tresind follows suit in its molecular, Alinea-style ways, it differs completely from Tresind in a very fun, jovial way. The interiors make you feel like you've entered some sort of Wonderland, there are trees, zig-zags and stripes leading you to the table where a bubble machine 'to refresh' greets you – opposing the standard cold towel regime, in a fantastically playful way. Although there's an a la carte menu available, I'd recommend opting for one of the chef's tasting menus (like we did), in order to fully immerse yourself in the exciting experience on offer – there's vegetarian options available if required. It all begins with a bread replacement of a sweet and sour pumpkin kilcha, a moist and soft flatbread filled with chutney – I could have filled up on these, but with 14 degustation courses to come, I thankfully refrained. Courses to follow included yellow lentil cappuccino served with a phulka cookie and fresh truffle ghee, plus a fun dish called 'life is short eat dessert first', which comprised a gorgeous jalebi chaat with yogurt mousse, potato and chickpea. Menu highlights for me was a starter dish of chicken pakora with curried mayonnaise, a South Indian ginger prawn cooked in palm sugar caramel and a curry leaf crisp (I could have eaten a whole bowl of these – so good!), plus the mysore masala grilled lamb chops, which were served beautifully tender. A range of sweet treats will follow, but be ready to be impressed with a stunning dessert of caramel, peanuts and chocolate. I won't ruin the surprise, but let's just say you should have your camera at the ready – as well as room for an incredible tasting dessert. All in all, Carnival by Tresind offers the perfect recipe for an entertaining night out with friends, paired with playful food, packed with a whirlwind of unmissable flavours.

IF YOU WANT TO GO: Tasting menus are available from Dhs250 (vegetarian) or Dhs270+ for non-vegetarian, excluding beverages. *Call 05-22424262 OR 04-4218665.*



FIVE UPDATES

Corn toppers

Coco loco

Pan-fry 2 cooked corn on the cobs in 1 tbsp coconut oil until golden brown. Squeeze over the juice of 1 lime, 1 tbsp toasted coconut flakes and 1 finely chopped chilli for a tropical twist.

Hot, hot, hot

Rub 4 cooked cobs with 2 tbsp peri peri seasoning and 30g butter. Cook in a smoking-hot griddle pan until charred on all sides. Drizzle over 1 tbsp chilli oil and 2 tbsp chopped coriander.

Golden & garlicky

Heat 50g unsalted butter in a frying pan over a medium heat until turning nutty brown. Add 2 large crushed garlic cloves and swirl until golden. Brush the butter over 2 cooked corn cobs and sprinkle with 25g finely grated Parmesan. Great with a steak.

Go Greek

Blitz 100g black and green olives with 2 tbsp olive oil and 1 tsp dried oregano to form a paste. Coat two cooked cobs in the paste and crumble over 2 tbsp feta, 1 tbsp diced tomatoes and a handful of chopped parsley.

Miso sesame

Heat oven to 200C/180C fan/gas 6. Coat 4 cobs in sesame seeds and roast in 2 tbsp sesame oil and 200g white miso paste until cooked through.



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Al fresco lunch

Looking for something new to cook for a special occasion? Cassie Best's fresh recipes provide inspiration for relaxed outdoor eating, from family gatherings to bring-a-dish parties

Photographs DAVID MUNNS





Mini prawn & sweetcorn cakes

MAKES 16 **PREP** 15 mins **COOK** 15 mins
EASY

300g/11oz raw peeled king prawns
340g can sweetcorn, drained
2 tsp cumin seeds
100g/4oz self-raising flour
small pack coriander, chopped
bunch spring onions, chopped
sunflower or vegetable oil, for frying

1 Put half the prawns, half the sweetcorn, half the cumin seeds, all the flour, 100ml water and some seasoning into a food processor. Whizz until smooth, then tip into a bowl.
2 Roughly chop the remaining prawns and add to the mixture with the remaining sweetcorn and cumin seeds, the coriander and spring onions. Mix well.
3 In a large pan or wok, heat enough oil to come 1-2cm up the side of the pan. Spoon walnut-sized blobs of the mixture into the hot oil. Squash down a little with a spoon and cook for 1-2 mins each side until golden brown and crisp (you will have to do this in batches). Drain on kitchen paper and serve warm.

PER CAKE 89 kcals • protein 5g • carbs 8g • fat 5g • sat fat 1g • fibre 1g • sugar 1g • salt 0.2g



Harissa beef skewers with avocado dip

These tasty skewers work just as well with lamb or chicken. For a vegetarian alternative, use chunky pieces of halloumi.

MAKES 16 **PREP** 15 mins plus 1 hr marinating
COOK 10 mins **EASY**

juice 1 lime
2 tbsp harissa
1 tbsp clear honey
4 sirloin steaks, cut into long thin strips

For the dip
2 ripe avocados, stoned and peeled
juice 1 lime
100ml/3½fl oz natural yogurt

1 You'll need 16 skewers. If using wooden ones, soak in water for 30 mins first to prevent them from burning. Whisk the lime juice, harissa and honey in a large bowl. Add the beef strips and toss everything together. Leave to marinate for at least 1 hr (or up to 4 hrs if you have time).
2 To make the dip, whizz all the ingredients together in a food processor, then chill until needed.
3 Heat the barbecue or a griddle pan until smoking hot. Thread 2 pieces of beef onto each skewer, winding them around the skewer as you do, then season.
Cook for 1 min on each side for medium-rare skewers, or longer if you prefer them well done. Serve warm with the dip.

PER SKEWER 76 kcals • protein 7g • carbs 2g • fat 5g • sat fat 1g • fibre 1g • sugar 2g • salt 0.1g



Aubergine & pomegranate flatbreads

If you'd like to get ahead, you can prepare the griddled aubergines and aubergine & tahini purée up to 4 hrs before serving.

SERVES 8 with other nibbles **PREP** 20 mins
COOK 30 mins **EASY**

3 aubergines
2 tbsp olive oil
2 garlic cloves, crushed
zest 1 lemon, juice ½ lemon
2 tbsp tahini
3 large or 5 small Middle Eastern flatbreads
100g/4oz pomegranate seeds
2 tbsp toasted pine nuts
few mint leaves, to serve

1 Halve 1 of the aubergines, from stalk to bottom, then cut into long, thin slices. Brush with 1 tbsp of the oil, then barbecue or griddle in batches until soft and charred. Set aside. Meanwhile, put the remaining 2 aubergines directly on the barbecue, or under a hot grill, and cook, turning regularly, until the skin is blistered and blackened and the flesh is really soft. Leave to cool.
2 Halve the whole aubergines, scoop out the flesh into a food processor and discard the blackened skins. Add the garlic, lemon zest and juice, tahini and seasoning, then whizz until smooth. Chill in the fridge and remove 30 mins before serving.
3 Heat oven to 200C/180C fan/gas 6. Brush the flatbreads with the remaining oil, place on a baking tray and bake for 10 mins until crisp.
4 Spread the flatbreads with the aubergine purée, then top with the griddled aubergine slices, pomegranate seeds, pine nuts and mint leaves. Cut into slices before serving.

BENEFITS vegetarian • fibre • 1 of 5 a day • good for you
PER SERVING 235 kcals • protein 8g • carbs 31g • fat 9g • sat fat 1g • fibre 7g • sugar 7g • salt 0.3g

Whether you've got friends over for the night, or you're simply enjoying time outdoors, these tasty bites are just the thing for hungry guests



Smoky mushroom burgers with roasted garlic mayo, p26



Tear-and-share stuffed deli rolls

MAKES 12 small rolls **PREP** 25 mins plus rising and proving **COOK** 50 mins **A LITTLE EFFORT**

500g pack bread mix (we used ciabatta)
145g tub fresh pesto
100g/4oz cooked artichokes in olive oil, drained and chopped (reserve a little of the oil)
3 roasted peppers (from a jar), drained and chopped
250g ball mozzarella, chopped
handful basil leaves, torn

1 Make up the bread dough following pack instructions, adding 1 tbsp of pesto instead of the oil suggested on the pack. Leave the dough to rise until doubled in size.
2 Brush a 23cm springform tin with some of the oil from the artichokes, and set aside 2 tbsp pesto and 1 tbsp chopped peppers for the filling. Mix the remaining ingredients together in a bowl.
3 Divide the dough into 12 equal pieces, using scales to be exact. Roll each piece into a ball, then roll out to form a disc with a rolling pin. Divide the pesto-veg filling between the 12 pieces of dough, then shape back into balls by pinching the edges together and rolling until smooth. Arrange the dough balls, seam-side down, in the cake tin. Cover with a piece of oiled cling film and leave to prove until doubled in size.
4 Heat oven to 180C/160C fan/gas 4. Remove the cling film. Brush the rolls with the remaining pesto and scatter over the rest of the peppers. Bake for 50 mins until golden and cooked through. Cool in the tin for 10 mins, then cool completely on a wire rack before transferring the deli rolls to your picnic basket.

BENEFITS vegetarian
PER ROLL 226 kcals • protein 11g • carbs 20g • fat 12g • sat fat 3g • fibre 1g • sugar 1g • salt 1.0g



Smoky mushroom burgers with roasted garlic mayo

If you've got vegetarian friends popping over, keep one side of the grill just for the veggie dishes – or cook these in the oven at 200C/180C fan/gas 6 for 30 minutes.

SERVES 4 (easily doubled) **PREP** 25 mins
COOK 50 mins **EASY**

4 large flat mushrooms
1 tbsp olive oil, plus extra for frying
2 roasted red peppers (from a jar), finely chopped
½ small pack thyme, leaves picked and chopped
50g/2oz fresh breadcrumbs
1 tbsp sundried tomato paste
2 tsp smoked paprika
3 red onions, thinly sliced
1 tbsp golden caster sugar
1 tbsp Sherry vinegar
For the roasted garlic mayo
3 garlic cloves, unpeeled
50g/2oz good-quality mayonnaise
To serve
4 crusty bread rolls (we used ciabatta)
salad leaves
25g/1oz cheddar or Manchego, grated

1 Heat up the barbecue. To make the garlic mayo, wrap the garlic cloves in a foil parcel, position on a hot spot of the barbecue and cook for 20 mins until really soft. Alternatively, bake in a hot oven for 20-30 mins. Leave to cool, then squeeze the cloves out of their skins and mash with a fork. Mix the garlic purée with the mayonnaise, then chill until ready to serve.
2 Remove the stalks from the middle of the mushrooms and finely chop them. Heat a drizzle of oil in a pan (on the barbecue or hob), add the stalks and fry for a few mins until golden and soft. Add the peppers, thyme, breadcrumbs, tomato paste, paprika and some seasoning. Cook for 5 mins more, then set aside to cool a little. Rub the mushroom caps with a little oil, season, then top each one with ¼ of the mixture. Can be chilled for up to 1 day.
3 Meanwhile, heat a little oil in another frying pan (on the barbecue or hob), and add the onions. Cook for 15 mins until soft and golden, then add the sugar, vinegar and some seasoning. Cook for 5 mins more until caramelised and sticky. Can be chilled for up to 2 days.
4 Put the mushrooms on the barbecue (stuffed side up), close the lid or cover with foil, and cook for 20 mins until soft and cooked through. Be sure to keep an eye on the heat and move to the upper shelf if the bottoms of the mushrooms start to burn. Split the rolls and heat these on the barbecue, too. Spread each roll with some garlic mayo, top with salad leaves, a filled mushroom, some sticky onions and a grating of cheese.

BENEFITS vegetarian • 2 of 5 a day • good for you
PER SERVING 283 kcals • protein 6g • carbs 27g • fat 17g • sat fat 2g • fibre 4g • sugar 13g • salt 0.4g

Food styling CASSIE BEST and SARAH COOK | Styling MARY CADOGAN | Wine notes SARAH JANE EVANS MW



Serve with your favourite pickle

Meat, apricot & pistachio pies

MAKES 6 PREP 35 mins COOK 50 mins
A LITTLE EFFORT P

500g pack puff pastry
plain flour, for dusting
200g/7oz pork mince
50g/2oz dried apricots, roughly chopped
25g/1oz pistachios, roughly chopped
¼ tsp fennel seeds
good pinch of ground mace or nutmeg
small bunch parsley, chopped
1 egg, beaten

1 Heat oven to 180C/160C fan/gas 4. Line 6 holes of a muffin tin with strips of baking parchment (these will help you to lift out the pies once cooked). Set aside a quarter of the pastry and roll out the remaining pastry on a floured surface to the thickness of a 20p coin. Cut out 6 x 8cm circles and use to line the muffin tin holes, leaving a little overhanging the top edge.

2 Put the pork in a bowl, add the remaining ingredients, except the egg, and season. Mix by hand until combined, then pack the meat firmly into the cases.

3 Roll out the remaining pastry to the same thickness. Cut into 0.5cm strips and create a lattice pattern on top of the pies. Trim off any excess. Brush the inside edge of each pie with egg, then roll up the overhanging pastry (from step 1) to stick the layers together. Can be covered with cling film and chilled for up to 2 days.

4 Brush pies with egg and bake for 45 mins until golden. Cool and eat with pickle.

PER PIE 567 kcals • protein 15g • carbs 41g • fat 38g • sat fat 10g • fibre 3g • sugar 5g • salt 0.6g



Lemon drizzle scones

MAKES 6 **PREP** 20 mins **COOK** 12 mins **EASY**

250g/9oz self-raising flour, plus a little extra for dusting
50g/2oz butter, chilled and cut in small pieces, plus extra for greasing
25g/1oz golden caster sugar
zest 2 lemons
125ml/4fl oz buttermilk
4 tbsp full-fat milk

For the drizzle icing

3 tbsp icing sugar
zest 1 lemon, plus a little lemon juice
4 white sugar cubes, crushed, or 1 tbsp preserving sugar
clotted cream and jam, to serve

1 Heat oven to 220C/200C fan/gas 6 and grease a large baking tray. In a large bowl, rub the flour, ¼ tsp salt and the butter together with your fingertips until the mixture resembles fine breadcrumbs. Add the caster sugar and lemon zest, and stir with a cutlery knife. Mix together the buttermilk and milk. Make a well in the centre of the flour mix and add the liquid. Use your cutlery knife to combine the mixture as a soft dough, but don't overmix or the scones will be heavy.
2 Tip onto your work surface and pat the dough out to a 2.5cm thickness. Use a 7cm cookie cutter to stamp out the scones. Don't twist as you cut, as this will stop the scones rising to their full potential. Any scraps of dough can be gently pushed back together to make more scones. Place the scones on the baking tray and bake for 10-12 mins until golden, then transfer to a wire rack and leave to cool.
3 Mix the icing sugar with enough lemon juice to make a thick but runny icing. Drizzle over the scones, then scatter with the crushed sugar cubes and lemon zest. Leave to set for 10 mins, then enjoy with clotted cream and jam.

PER SCONE 270 kcals • protein 5g • carbs 46g • fat 8g • sat fat 5g • fibre 2g • sugar 16g • salt 0.8g



Amwaj
Rotana

Jumeirah Beach – Dubai

Gambero Rosso

1 – 30 November

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Heirloom beetroot & feta salad

SERVES 8 **PREP** 10 mins **COOK** 20-30 mins **EASY**

1kg/2lb 4oz small heirloom beetroots (different colours if you can get them)
200g block feta
100g/4oz pumpkin seeds, toasted
For the dressing
zest and juice 1 lemon
2 tbsp white balsamic or white wine vinegar
2 tbsp extra virgin rapeseed oil

1 Put the beetroots in a large saucepan of water, cover with a lid, bring to the boil, then cook for 20-30 mins until tender – this will depend on the size. When cooked they should feel tender when poked with a knife. Drain and leave to cool.
2 Peel the beetroots with a sharp knife (make sure you wear gloves for this, or the juice will stain your hands) and cut into slices. Mix the dressing ingredients together with some seasoning and gently toss through the beetroot. Arrange on a platter and scatter the feta and pumpkin seeds over the top.

BENEFITS vegetarian • folate • 1 of 5 a day • gluten free
PER SERVING 204 kcals • protein 9g • carbs 11g • fat 14g • sat fat 5g • fibre 4g • sugar 9g • salt 1.1g



BRUNCH REVIEW:

1,001 FLAVOURS BRUNCH AT EWAAN

WHERE: Ewaan

WHAT'S IT LIKE: Ewaan means "King's throne" in Arabic, which sets the tone for this thoroughly regal brunch. You can expect relaxed live music (when BBC Good Food Middle East visited there was a live harpist and flute player), along with a well-heeled crowd. If you choose to sit outside you won't be disappointed, all tables have incredible views of the palace gardens, pool and the Burj Khalifa. The service at Ewaan is impeccable, with staff paying enough attention to each table without being overbearing.

The restaurant is known for serving up fine dining Arabic dishes during the week, but its "1001 flavours brunch" (a play on the Arabian Nights original title) exceeds this, offering several different international cuisines. There's lavish, overflowing live food stations offering up everything from pan-fried foie gras, fresh Fine de Claire oysters, to an entire tuna fish being carved up by a chef in the centre of the restaurant. Elsewhere, there's an Asian corner serving up delicious fresh tempura, dim sum and duck pancakes, a carving station (with lamb and beef racks) and an outdoor BBQ, where a chef cooks-to-order beef tenderloin, rib eye steak and Omani lobster. Be sure to save room for dessert too, there's an infinite collection of delectable Arabic and international cakes and patisseries, alongside a well-picked range of 15 gourmet cheeses on offer to finish the meal.

Aside from the house beverage, bubbly and French bubbly packages, for health fans there's also a refreshing "detox package", which includes several freshly pressed fruit and vegetable juices. Even if you opt for one of the different drinks packages the "beetroot carrot" juice and "green tea cucumber" are both delicious and well worth a try.

FOOD HIGHLIGHTS: The outdoor live BBQ station is a standout gem at the restaurant. The Omani lobster was full of flavour and incredibly fresh. There's plenty on offer for Arabic cuisine aficionados: the kofta and fattoush were both delicious. Steak fans should be sure to save room for the mouthwatering premium rib eye.

PRICES:
Detox brunch: AED 325 per person
Premium brunch: AED 480 per person
Luxurious brunch: AED 695 per person



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Healthy *lunch*



How to pack it up
Put the hard-boiled eggs and mashed avocado in separate containers and assemble just before eating. The avocado won't go brown if you mix in a good squeeze of lime juice.

Pack a healthy lunchbox

Egg & avocado open sandwich

SERVES 1 (easily doubled) **PREP** 10 mins
COOK 10 mins **EASY**

2 medium eggs
1 ripe avocado
juice 1 lime
2 slices rye bread
2 tsp hot chilli sauce (we used sriracha)
handful cress, to serve

1 Bring a medium pan of water to the boil. Add the eggs and cook for 8-9 mins until hard-boiled. Meanwhile, halve the avocado and scoop the flesh into a bowl. Add the lime juice, season well and mash with a fork.
2 When the eggs are cooked, run under cold water for 2 mins before removing the shells. Spread the avocado on the rye bread. Slice the eggs into thin rounds and place on top of the avocado. Drizzle some chilli sauce over the eggs, scatter the cress on top and add a good grinding of black pepper.

BENEFITS vegetarian • fibre • 1 of 5 a day
PER SERVING energy 476 kcals • fat 31g • saturates 7g • carbs 26g • sugars 3g • fibre 7g • protein 19g • salt 1.6g

Recipe CHELSIE COLLINS | Photograph SAM STOWELL | Food styling JENNIFER JOYCE | Styling LUIS PERAL


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FEEL GOOD FOOD

Veggie pilau

Following our healthy diet plan? Here's a spicy meat-free supper to add to your recipe collection

recipe SARA BUENFELD *photograph* MIKE ENGLISH



Spicy cauliflower rice with minty cucumber raita

SERVES 2 **PREP** 15 mins
COOK 25 mins **EASY**

85g brown basmati rice
1 tsp ground turmeric
2 tsp ground coriander
seeds from 6 cardamom pods
1 tbsp finely chopped fresh ginger
2 bay leaves
1 red chilli, deseeded and finely chopped
2 tsp reduced-salt vegetable bouillon (wheat free if you're gluten free)
25g creamed coconut, chopped
400g can chickpeas (no need to drain)
200g cauliflower florets, broken into bite-sized pieces
1 red pepper, cut into chunks
1 red onion, cut into thin wedges
1 tbsp rapeseed oil
½ tsp cumin seeds

For the minty cucumber raita
150ml pot live bio yogurt
¼ cucumber, coarsely grated
½ small pack mint, leaves chopped, a few left whole

1 Heat oven to 220C/200C fan/gas 7. Put the rice in a sauté pan with the turmeric, coriander, cardamom, ginger, bay leaves and chilli. Pour in 300ml water and add the bouillon and creamed coconut. Bring to the boil, cover the pan and leave to simmer for 15 mins. Add the chickpeas with their liquid (and a little more water if necessary), then cook, covered, for 10 mins more.

2 Meanwhile, toss the cauliflower, red pepper and onion in the oil with the cumin seeds. Spread out on a baking sheet and roast for 20 mins until the vegetables are tender and a little charred around the edges.

3 While the cauliflower and rice cook, make the raita by mixing together the yogurt, cucumber and chopped mint.

4 When the cauliflower and rice are tender (the stock should be absorbed by now), toss the two together, scatter with the mint leaves and serve with the raita on the side.

BENEFITS vegetarian • calcium • folate • fibre • vit C • iron • 4 of 5-a-day • gluten free
PER SERVING 588 kcals • fat 19g • saturates 7g • carbs 73g • sugars 18g • fibre 14g • protein 23g • salt 0.2g

To follow our summer healthy diet plan, visit *bbcgoodfoodme.com*

Food styling SARA BUENFELD | Styling SARAH BIRKS



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A TASTE OF TEXAS

Create your own version of a Southern-style barbecue this summer with recipes inspired by the smokehouse restaurants of the Lone Star state

recipes CASSIE BEST *photographs* TOM REGESTER




Sweet mustard potato salad
Kale, peach & poppy seed slaw
Jalapeño & cheddar corn rolls


Peppered pinto beans
Texas BBQ medley

Barbecue is a way of life for many hot countries. This year I was lucky enough to join a group of product developers on the hunt for new food trends in Austin, Texas, regarded by many as the home of barbecue.

In the small town of Lockhart, smokehouse restaurants line the streets and tourists flock to sample the Southern hospitality. Hunks of meat are rubbed in a mix of seasoning and spices, then cooked slowly over wood smoke. Pork and beef are king, but chicken and sausages – called links – are popular too.

The pitmaster, who presides over his low-and-slow barbecue, fires up the smoker at dawn. Cooking times, variety of wood chip, and the spice rub ingredients all contribute to the recipe – a closely guarded secret in most smokehouses. Joints of meat are hoisted from the smoke pit and served with sliced white bread to mop up the juices and gherkins to cut through the richness.

In Texas, no meal is complete without a slice of pecan pie, and my version, studded with chocolate chips, is inspired by one I ate on my amazing food-fuelled trip.









Texas BBQ medley

This recipe takes some time, but I'm convinced that once you've tried this method of smoking and slow cooking, you'll be converted. Don't skip the 24-hour dry brine; it seasons the meat right to the bone, and keeps it succulent during cooking.

SERVES 10 **PREP** 20 mins plus 24 hrs brining **COOK** 6 hrs 40 mins **MORE EFFORT**

1 large chicken
5 beef short ribs (about 3kg), ribs separated
2kg piece boned pork shoulder, rind removed
Texas BBQ sauce (see recipe, p41)
sliced sweet white onions and sliced gherkins, to serve

For the brine and rub
8 tbsp good-quality flaky sea salt
2 tsp fennel seeds
1 tbsp black peppercorns
3 bay leaves
2 tsp cayenne pepper
1 tbsp smoked paprika
2 tsp garlic salt
150g soft light brown sugar
50g golden caster sugar

You will need
wood chips (optional)

1 You'll need to brine the meat at least 24 hrs before your BBQ. First, spatchcock the chicken. Flip the chicken over so the backbone is facing you. Use a sturdy pair of kitchen or poultry scissors to cut down either side of the backbone, then discard. Turn the chicken over and push down firmly on the breastbone to flatten out the bird. Make a few slashes in each leg joint. (To watch a video showing how to spatchcock a chicken, visit *bbcgood foodme.com/videos/spatchcock.*)

2 Put each cut of meat in a separate, large sealable bag. Sprinkle 1 tbsp salt into each bag and massage it all over the meat. Squeeze the air from the bags, seal tightly and put in the fridge for 24 hrs.

3 Tip the remaining salt, fennel seeds and peppercorns into a mortar. Tear the bay into small pieces and add this too. Crush the ingredients with the pestle until finely ground. Add the cayenne, paprika, garlic salt and sugars, and mix well. Remove the meat from the bags and pat dry with kitchen paper. Cover each cut with the rub, making sure you get into every nook. Return to the fridge for at least 1-2 hrs while you prepare the barbecue, or up to 24 hrs.

4 You'll need to start the barbecue 7-8 hrs before you want to eat. Heat the coals and leave them until ashen. Add your wood chips, if using. When the flames have died down and you're left with smoky cinders, push the coals and wood chips to one side of the BBQ pit, then replace the grill and add the beef and pork, placing them above the empty side of the pit – this will ensure the meat smokes but doesn't burn. Pull down the lid and cook the meat for 30-40 mins, turning every now and then, until a dark crust has formed around the meat. Don't be afraid to take it quite far, the crust should be almost black (but caramelised as opposed to burnt). Heat oven to 140C/120C fan/gas 1.

5 Transfer the meat to roasting tins, wrap tightly with foil and cook in the oven for 5-6 hrs until really tender.

6 When the meat has 1-1½ hrs to go, reheat the BBQ and wait for the coals to turn ashen before adding more wood chips. When the flames have died down, push to one side as before. Put the chicken on the BBQ, bone-side down, above the empty side of the pit. Cook for 20-25 mins on each side or until cooked through – check by piercing a leg to see if the juices are clear, or use a meat thermometer to check the internal temperature has reached 70C. Wrap tightly in foil and set aside to rest.

7 After 5-6 hrs, the beef and pork should be really tender. Remove from the oven and leave to rest for 15 mins. If you've made the BBQ sauce (p36), brush this over the meat for a glossy finish. Remove any string from the pork and shred the meat. Cut the chicken into portions and serve everything on a big platter with the sliced sweet onions, gherkins and sides.

BENEFITS gluten free (without BBQ sauce)
PER SERVING 990 kcals • fat 71g • saturates 26g • carbs 23g • sugars 23g • fibre 1g • protein 64g • salt 11.5g

Food styling ELLIE JARVIS | Styling WEI TANG









Kale, peach & poppy seed slaw

SERVES 10 **PREP** 25 mins
COOK 10 mins **EASY**

2 x 284ml pots buttermilk
zest and juice 2 lemons
2 tbsp cider vinegar
1 tbsp honey
4 tbsp extra virgin olive oil or rapeseed oil
200g kale, finely shredded
¼ white cabbage, finely shredded
2 tbsp poppy seeds
4 ripe peaches, halved, stoned and sliced
1 red onion, halved and thinly sliced

1 Tip the buttermilk, lemon zest and juice, vinegar, honey and oil into your largest bowl. Season well and whisk. Add the kale and cabbage, and toss through the dressing. Set aside for 10 mins to soften .
2 Toast the poppy seeds in a dry frying pan until they smell aromatic. Cool for 5-10 mins, then add to the kale and cabbage with the peaches and onion. Mix well, then chill until you're ready to serve. *Can be made 1 day ahead.*

BENEFITS vegetarian • vit c • 1 of 5-a-day • gluten free
PER SERVING 118 kcals • fat 6g • saturates 1g • carbs 11g • sugars 9g • fibre 2g • protein 4g • salt 0.1g

Texas BBQ sauce

MAKES 450ml **PREP** 5 mins
COOK 5 mins **EASY**

200g ketchup
100ml cider vinegar
100g dark muscovado sugar
1 tbsp Worcestershire sauce
1 tsp smoked paprika
juice ½ orange
2 tsp liquid smoke (optional, we used Stubb's Hickory Liquid Smoke, available from Waitrose)
1 garlic clove, crushed
15g butter

Combine the ingredients in a saucepan, then season. Bring to the boil and bubble for 3-4 mins until the sugar and salt have dissolved and the sauce is glossy. Remove from the heat, transfer to a jar, and leave to cool. *Will keep in the fridge for up to 2 weeks.*

BENEFITS freezable • low fat
PER SERVING 32 kcals • fat 1g • saturates none • carbs 6g • sugars 6g • fibre none • protein none • salt 0.2g

Sweet mustard potato salad

SERVES 10 **PREP** 10 mins
COOK 10 mins **EASY**

1.2kg waxy potatoes, such as Charlotte, cut into small chunks
400g good-quality mayonnaise
2 tbsp American mustard
2 tbsp cider vinegar
2 tbsp honey
4 hard-boiled eggs, finely chopped
8 spring onions, sliced

1 Put the potatoes in a pan of salted water, bring to the boil, then cover and simmer for 8-10 mins or until cooked through – a cutlery knife should easily pierce them. Drain and leave to cool in a colander.
2 Combine the mayo, mustard, vinegar, honey and eggs, then season well. Stir through the potatoes and half the spring onions, transfer to a serving dish and scatter over the remaining onions. Chill until you're ready to serve. *Can be made 1 day ahead.*

BENEFITS vegetarian • freezable • good for you
PER SERVING 403 kcals • fat 32g • saturates 3g • carbs 21g • sugars 6g • fibre 2g • protein 6g • salt 0.4g

Peppered pinto beans

SERVES 10 **PREP** 5 mins
COOK 15 mins **EASY**

1 tbsp plain flour
30g butter
300ml beef stock
50ml cider vinegar
1 tbsp Worcestershire sauce
2 tbsp honey
2 tsp dark muscovado sugar
2 bay leaves
1 tsp black peppercorns, crushed
3 x 400g cans pinto beans

Heat the flour and butter in a large frying pan, mixing to make a roux. Keep cooking until it's biscuity brown, stirring continuously. Add the stock, vinegar, Worcestershire sauce, honey, sugar, bay and pepper, then season with salt. Bring to the boil, bubble for 2-3 mins, then add the beans and cook for 10 mins more. *Can be made 1-2 days ahead; store in the fridge and reheat before serving.*

BENEFITS freezable • low fat • 1 of 5-a-day
PER SERVING 127 kcals • fat 3g • saturates 2g • carbs 16g • sugars 5g • fibre 4g • protein 6g • salt 0.6g

Jalapeño & cheddar corn rolls

MAKES 12 **PREP** 20 mins
COOK 30 mins **EASY**

50g slightly salted butter, melted, plus extra for greasing
250g fine polenta or cornmeal, plus extra for dusting
325g can sweetcorn, drained
250ml buttermilk
4 large eggs
1 tbsp golden caster sugar
100g plain flour
2 tsp baking powder
1 tsp bicarbonate of soda
200g mature cheddar, grated
50g jalapeños, sliced

1 Heat oven to 180C/160C fan/gas 4 and brush the holes of a 12-hole muffin tin with melted butter. Dust generously with polenta and shake out the excess. Tip 175g of the sweetcorn into a food processor with 1 tsp salt and the remaining ingredients, except the jalapeños. Blend until smooth, then remove the blade and stir through the remaining sweetcorn and jalapeños.
2 Divide the batter between the holes and bake for 25-30 mins until risen and golden. Insert a skewer into the centre of a roll – it should come out with a few moist crumbs, but the mixture should not be wet. Return to the oven for 5 mins more if necessary, then test again.
3 Cool for 5 mins, then transfer the rolls to a wire rack to cool. *Will keep, wrapped in cling film, for up to 3 days, or freeze for up to 2 months* – warm in a low oven before serving.

BENEFITS vegetarian • freezable
PER ROLL 261 kcals • fat 12g • saturates 6g • carbs 27g • sugars 5g • fibre 3g • protein 10g • salt 1.0g

Choc chip pecan pie

SERVES 10-12 PREP 1 hr plus chilling
COOK 1 hr 25 mins MORE EFFORT

For the pastry
300g plain flour
75g salted butter, cubed
100g cream cheese
1 tbsp icing sugar
For the filling
150g salted butter
200ml maple syrup
250g light brown soft sugar
100g dark brown soft sugar
4 eggs, beaten
1 tsp vanilla extract
400g pecans, finely chopped
200g dark chocolate chips, or a bar, chopped

1 First, make the pastry. Tip the ingredients into a food processor with ¼ tsp salt. Blend until the mixture resembles breadcrumbs. Drizzle 2-3 tsp cold water into the funnel while the blade is running – the mixture should start to clump together. Tip onto a work surface and bring together, kneading briefly into a ball. Pat into a disc, wrap in cling film, and chill for at least 20 mins. Heat oven to 200C/180C fan/gas 6.
2 Remove the pastry from the fridge and leave at room temperature for 5 mins to soften. Flour the work surface, then unwrap the pastry and roll to a circle the thickness of a £1 coin. Use the pastry to line a deep, 23cm round fluted tin – mine was about 3cm deep. Press the pastry into the corners and up the sides, making sure there are no gaps. Leave 1cm pastry overhanging (save some of the pastry scraps for later). Line with baking parchment (scrunch it up first to make it more pliable) and fill with baking beans. Blind-bake for 15-20 mins until the sides are set, then remove the parchment and beans and return to the oven for 5 mins until golden brown. Trim the pastry so it's flush with the top of the tin – a small serrated knife is best for this. If there are any cracks, patch them up with the pastry scraps.
3 Meanwhile, weigh the butter, syrup and sugars into a pan, and add ¼ tsp salt. Heat until the butter has melted and the sugar dissolved, stirring until smooth. Remove from the heat and cool for 10 mins. Reduce oven to 160C/140C fan/gas 3.
4 Beat the eggs in a bowl. Add the syrup mixture, vanilla and pecans, and mix until well combined. Pour half the mixture into the tart case, scatter over half the chocolate chips, then cover with the remaining filling and chocolate chips. Bake on the middle shelf for 50-55 mins until set. Remove from the oven and leave to cool, then chill for at least 2 hrs before serving.

BENEFITS folate • iron
PER SERVING (12) 773 kcals • fat 50g • saturates 18g • carbs 67g • sugars 45g • fibre 6g • protein 9g • salt 0.5g



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Caribbean *sunshine supper*

Vibrant and bursting with flavour, food is at the heart of Caribbean life, says Shivi Ramoutar. Here she shares some of her favourite authentic dishes

Photographs SAM STOWELL



Flying fish with red pepper sauce & cou-cou

Cou-cou is made from polenta and okra. This recipe, the national dish of Barbados, uses small, mild-flavoured flying fish, popular in the Caribbean.

SERVES 2 **PREP** 30 mins plus 1 hr marinating
COOK 50 mins **A LITTLE EFFORT**

4 flying fish fillets (or 2 tilapia fillets), lightly scored

For the green seasoning

½ tbsp finely snipped chives
small handful coriander, finely chopped
squeeze of lime juice

For the cou-cou

1 tbsp vegetable oil
½ onion, finely chopped
1 garlic clove, crushed
1 thyme sprig
small handful coriander leaves, finely chopped
25g/1oz okra, stalk removed, thinly sliced
50g/2oz polenta or fine cornmeal
1 tbsp unsalted butter
pinch of freshly grated nutmeg

For the red pepper sauce

1 tbsp vegetable oil
½ onion, finely chopped
½ celery stick, finely chopped
1 red pepper, deseeded and finely chopped
1 garlic clove, crushed
1-2 tsp Pepper sauce (see recipe, overleaf)
½ tsp each dried oregano and thyme
small handful parsley, finely chopped
pinch of curry powder
227g can chopped tomatoes
1½ tbsp tomato purée
½ tbsp golden caster sugar

1 Mix together the green seasoning ingredients with a pinch of salt and pepper. Rub the fish in the seasoning, cover and leave to marinate in the fridge for 1 hr.
2 Use kitchen paper to dab off excess marinade, then gently roll each fillet up into a pinwheel and secure with a cocktail stick.
3 For the cou-cou, heat the oil in a small saucepan, add the onion and cook until soft

(about 5 mins), stirring often.
4 Add the garlic, thyme and coriander, and cook for about 30 secs, stirring continuously. Stir in the okra and sauté for 1 min. Add 300ml boiling water, reduce the heat and simmer for about 5 mins, topping up with more boiling water if the pan dries out. Remove the okra and onion with a slotted spoon and set aside.
5 Turn up the heat and bring to the boil. Whisk in the polenta gradually, and continue to whisk until it is smooth, thick and starts to bubble – about 3 mins. Reduce the heat to low, cover the pan and simmer for 10 mins, whisking very often, until the polenta is cooked through. Stir in the okra and onion. Remove the sprig of thyme and discard. Add the butter and nutmeg, and season to taste.
6 Meanwhile, make the sauce. Heat the oil in a pan, add the onion, celery and pepper, and soften, stirring often, for 5-10 mins. Add the garlic, Pepper sauce, herbs and curry powder, and cook for about 30 secs, stirring regularly. Add the tomatoes, tomato purée, 100ml water and sugar, and bring to a gentle simmer. Cook for 15 mins, allowing the sauce to thicken a little.
7 Place the rolled fish fillets in the sauce, cover and continue to simmer until just cooked through, about 10-15 mins, depending on the size of the fish. Divide the cou-cou between plates, spoon over the sauce and arrange the fillets on top. Eat immediately.

BENEFITS 3 of 5 a day • folate • fibre • vit C
PER SERVING energy 477 kcals • fat 20g • saturates 6g • carbs 40g • sugars 19g • fibre 6g • protein 29g • salt 1.2g



Pepper sauce

This is a staple in every Caribbean kitchen. There are so many different versions, but all of them honour that lovely little hot chilli, the Scotch bonnet. Serve sparingly on the side with your savoury dishes, or add a dash to sauces for a flavour enhancer and a bit of heat.

MAKES about 500ml/18fl oz PREP 15 mins plus cooling COOKING 10 mins plus 2 days standing EASY

1 lime
12 medium-sized Scotch bonnet chillies (to make it super-hot, use up to 20), stem removed, roughly chopped (wear disposable gloves)
1 tbsp chopped coriander leaves
1½ garlic bulbs, cloves peeled
150ml/¼pt white wine vinegar
1½ heaped tbsp golden caster sugar
1 tbsp American mustard
1 thumb-sized piece ginger, peeled and roughly chopped
½ unripe papaya (green and firm to the touch), peeled, deseeded and roughly chopped

1 Put the lime in a small pan and cover with cold salted water. Bring to the boil and cook for 10–15 mins until soft and tender. Remove from the water and set aside to cool.
2 Meanwhile, put all the other ingredients in a blender and blend until smooth.
3 Finely chop the lime (keeping the peel on), discarding any seeds, then stir into the other ingredients.
4 Decant the sauce into a cooled, sterilised jar or bottle (see below), pop the lid on and leave for the flavour to develop for 2 days.
5 Season to taste with sea salt and freshly ground pepper (it will take a lot of salt!) and give the bottle a good shake to distribute the seasoning. Can be stored in the fridge for up to 6 months (don't worry about any discolouration over time).

BENEFITS vegetarian • low fat • gluten free • freezable
PER TBSP energy 9 kcals • fat none • saturates none • carbs 2g • sugars 1g • fibre none • protein none • salt none



'Doved' peas

Traditionally made at Christmas time, this has now become a year-round dish. It uses pigeon peas, or gungo peas as they are referred to in the UK. A beautifully earthy side, this reminds me of a tropical version of that favourite combo, peas and ham.

SERVES 2 PREP 5 mins COOK 10 mins EASY

1 tbsp unsalted butter
50g/2oz bacon lardons
1/2 large onion, finely chopped
1 garlic clove, crushed
1 thyme sprig, plus 1/2 tsp finely chopped thyme leaves
200g/7oz drained gungo peas from a can (or kidney beans)
dash of Pepper sauce (see recipe, left)
50g/2oz cooked ham hock, shredded

1 Heat half the butter in a frying pan on a medium heat and fry the lardons until crisp. Remove with a slotted spoon and set aside.
2 Add the remaining butter to the pan with a small pinch of salt and soften the onion, stirring often, for about 5 mins.
3 Add the garlic and all the thyme, and cook for about 30 secs, stirring constantly. Stir in the gungo peas, Pepper sauce and ham hock. Heat until warmed through, then stir in the lardons. Remove the thyme sprig, season to taste and serve immediately.

BENEFITS fibre • 1 of 5 a day • gluten free
PER SERVING energy 245 kcals • fat 12g • saturates 6g • carbs 16g • sugars 6g • fibre 6g • protein 14g • salt 2.1g



Fry bodi

Bodi is the name given to green beans, and this recipe is found across the Caribbean. In Trinidad, it is simply fried with overripe tomatoes and garlic, and sometimes even served for breakfast.

SERVES 2 PREP 5 mins COOK 20 mins EASY

glug of vegetable oil
1 very ripe small tomato, finely chopped
1/4 onion, finely chopped
1 garlic clove, crushed
200g pack green beans, trimmed

Heat the oil in a small pan on a medium heat. Add the tomato and onion with a pinch of salt and soften, stirring often, for about 5 mins. Add the garlic and give it a stir, cooking for a further 30 secs. Add the beans, cover and cook, stirring occasionally, until the beans are tender, about 10 mins. Season to taste.

BENEFITS vegetarian • 2 of 5 a day • good for you • gluten free
PER SERVING energy 88 kcals • fat 5g • saturates 1g • carbs 6g • sugars 4g • fibre 4g • protein 3g • salt 0.3g

AUTHENTIC FLAVOURS

Gungo peas/pigeon peas You can buy these large, pale brown peas either dried or canned – dried will need to be soaked and cooked before using. They are available in many supermarkets, but if you can't find them, use red kidney beans instead.
Angostura bitters We use a dash of this well-known cocktail ingredient in savoury and sweet dishes to enhance flavour.
Scotch bonnet chillies Among the hottest on the Scoville scale (a measurement of the level of capsaicin in chilli peppers). As well as heat, they also add a slight sweetness. Ripe chillies range in colour from green to yellow, orange or red.

DINNER DASH

Just add pesto

Don't underestimate punchy fresh pesto – it's an easy way to liven up midweek meals

recipes ESTHER CLARK *photographs* MIKE ENGLISH

Sausages with pesto mash

SERVES 2

Peel and quarter the potatoes, then cook in a large pan of salted, boiling water for 15 mins. Drain and set aside.

Pour a glug of olive oil into a large frying pan over a medium heat and cook the sausages for 15 mins. Add the tomatoes to the pan for the final 5 mins. Mash the potatoes well and mix in the pesto. Season and serve with the sausages and tomatoes.

BENEFITS 1 of 5-a-day
PER SERVING 697 kcals • fat 40g • saturates 8g • carbs 65g • sugars 8g • fibre 8g • protein 15g • salt 2.6g


3 large white potatoes

+


4 chicken sausages

+


200g cherry tomatoes on the vine

+


½ tub fresh pesto

=



Butter bean & chorizo stew

SERVES 4 P

Slice the chorizo and tip into a large saucepan over a medium heat. Fry gently for 5 mins or until starting to turn dark brown. Add the tomatoes and butter beans, bring to the boil, then simmer for 10 mins. Swirl through the pesto, season lightly and ladle into four bowls.

BENEFITS fibre • 2 of 5-a-day
PER SERVING 491 kcals • fat 32g • saturates 8g • carbs 24g • sugars 10g • fibre 8g • protein 23g • salt 2.5g


200g cooking chorizo

+


2 x 400g cans chopped tomatoes

+

=


2 x 400g cans drained butter beans

+


1 tub fresh pesto



Pesto & goat's cheese risotto

SERVES 2

Pour a glug of olive oil into a large saucepan. Tip in the rice and fry for 1 min. Add half the stock and cook until absorbed. Add the remaining stock, a ladle at a time, and cook until the rice is al dente, stirring continually, for 20-25 mins.

Stir through the pesto and half the goat's cheese. Serve topped with the remaining cheese.

PER SERVING 745 kcals • fat 32g • saturates 12g • carbs 83g • sugars 2g • fibre 4g • protein 29g • salt 2.4g


200g risotto rice

+


700ml chicken or vegetable stock

+

=


1 tub fresh pesto

+


100g soft goat's cheese



Food styling SARA BUENFELD | Styling SARAH BIRKS



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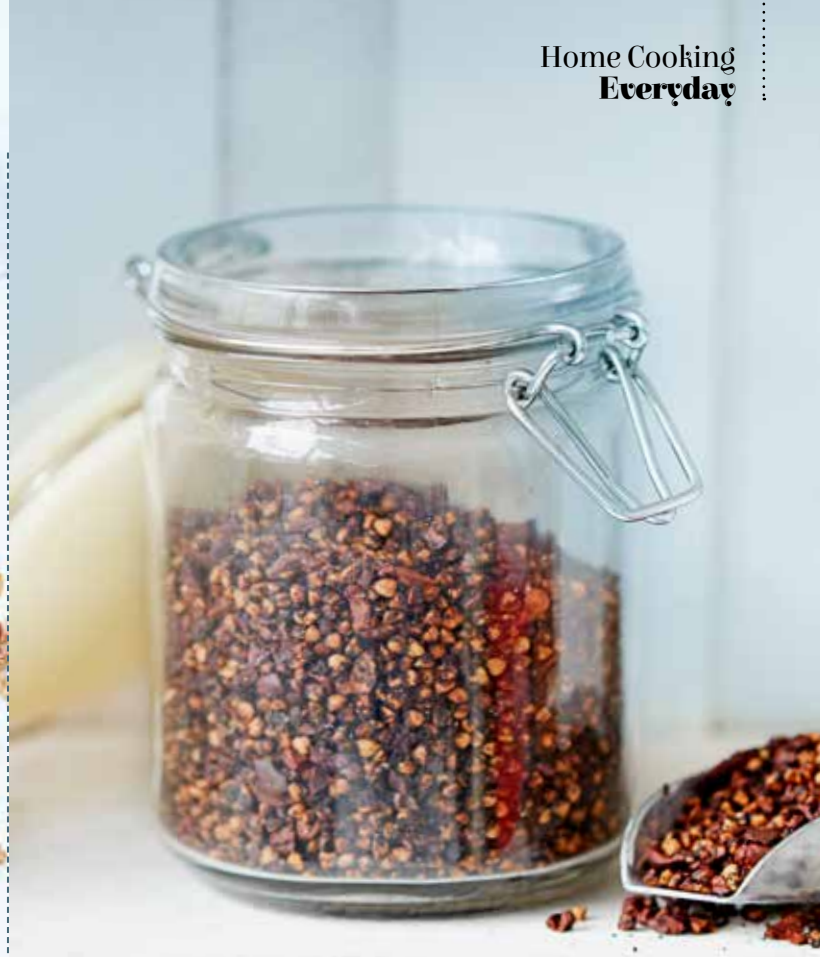
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Big-batch cereals

Give yourself a head start in the morning with these homemade cereals – made with natural, whole ingredients and nothing else

recipes SOPHIE GODWIN ***photographs*** CLARE WINFIELD





Homemade cocoa pops

SERVES 20 **PREP** 10 mins
COOK 16 mins **EASY**

100g coconut oil
200g honey
100g cocoa powder
850g buckwheat
150g pack cacao nibs (if you're cooking for kids, you can substitute with chopped dark chocolate)

1 Heat oven to 180C/160C fan/gas 4. Line two large baking trays with baking parchment. In a large microwaveable bowl, melt the coconut oil with the honey, cocoa powder and a pinch of sea salt. Stir in the buckwheat, covering well in the chocolate mixture.



2 Spread the mixture onto the baking trays and bake for 15 mins, stirring halfway, then mix in the cacao nibs. Allow to cool before storing in a Kilner jar or airtight container. *Best eaten within 1 month.*

BENEFITS vegetarian
PER SERVING 302 kcals • fat 11g • saturates 7g • carbs 44g • sugars 8g • fibre 4g • protein 6g • salt none

Nutty cinnamon & apple granola

SERVES 13 **PREP** 10 mins
COOK 20 mins

400g jumbo rolled oats
2 tsp cinnamon
150g dried apple, roughly chopped
150g coconut oil, melted
250g pack mixed nuts, roughly chopped
100ml maple syrup

1 Heat oven to 180C/160C fan/gas 4. Line two large baking trays with baking parchment. Mix all the ingredients together except the maple syrup. Spread the granola out on the trays and drizzle over the maple syrup.



2 Bake in the oven for 20 mins, stirring the granola well halfway through so that it cooks evenly. Leave to cool before storing in a Kilner jar or airtight container. *Best eaten within 1 month.*

BENEFITS vegan
PER SERVING 407 kcals • fat 26g • saturates 12g • carbs 34g • sugars 12g • fibre 5g • protein 8g • salt none

gf

All make enough to fill just over a two-litre jar. For more cereal recipes, visit *bbcgoodfoodme.com*

Three-grain porridge

SERVES 18 **PREP** 5 mins
NO COOK

300g oatmeal
300g spelt flakes
300g barley flakes
agave nectar and sliced strawberries, to serve (optional)

1 Working in batches, toast the oatmeal, spelt flakes and barley in a large, dry frying pan for 5 mins until golden, then leave to cool and store in an airtight container.
2 When you want to eat it, simply combine 50g of the porridge mixture in a saucepan with 300ml milk or water. Cook for 5 mins,



stirring occasionally, then top with a drizzle of honey and strawberries, if you like (optional). *Will keep for 6 months.*

BENEFITS vegan • good for you
PER SERVING 179 kcals • fat 2g • saturates none • carbs 32g • sugars 1g • fibre 4g • protein 7g • salt none

Cranberry & almond clusters

SERVES 10 **PREP** 5 mins
COOK 5 mins

50g honey
200g flaked almonds
225g pack puffed brown rice (we used Rude Health)
200g cranberries

1 Heat the honey in a frying pan until it loosens and starts to bubble, then stir in the flaked al monds. Cook for a few mins, stirring constantly, so that some of the almonds toast and turn golden.
2 Tip the almonds onto baking parchment, leave to cool, then break into clusters. Mix with the puffed rice and cranberries, then store in



a Kilner jar or airtight container. *Best eaten within 3 weeks.*

BENEFITS vegetarian • gluten free
PER SERVING 230 kcals • fat 12g • saturates 1g • carbs 24g • sugars 5g • fibre 2g • protein 7g • salt none

Next month
Toast toppers

Food styling JENNIFER JOYCE | Styling WEI TANG

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Make it easy

Brand-new meals to liven up your midweek repertoire

recipes KATY GREENWOOD *photographs* MIKE ENGLISH

Chinese chicken with pancakes

A twist on a favourite takeaway, this dish is perfect for a Friday night in.

SERVES 4 **PREP** 15 mins
COOK 50 mins **EASY**

5 tbsp hoisin sauce, plus extra to serve
2 tbsp plum sauce
1 tbsp honey
1 tbsp rice vinegar
8 chicken thighs, skin on
20 Chinese pancakes (available from Waitrose, Asian supermarkets or Chinese takeaways)
1 cucumber, cut into quarters lengthways, then into matchsticks
bunch spring onions, cut in half lengthways, then into matchsticks

1 Heat oven to 200C/180C fan/gas 6. Mix the hoisin, plum sauce, honey and rice vinegar, then season with a little salt. Arrange the chicken in a roasting tin and brush over half the sauce. Roast for 25 mins, then spread over the remaining sauce and roast for another 25 mins.
2 Once the chicken is cooked, steam the pancakes following pack instructions. Shred the chicken, then drizzle over the pan juices and serve with the pancakes, cucumber, spring onions and extra hoisin sauce to spread over.

BENEFITS freezable (chicken only) • 1 of 5-a-day
PER SERVING 461 kcals • fat 18g • saturates 4g • carbs 42g • sugars 12g • fibre 3g • protein 30g • salt 1.2g





Uses storecupboard ingredients



Gluten and dairy free

Fishcakes with lime & coconut

The shaped, uncooked fishcakes will keep, covered in the fridge, for up to 24 hours, then simply fry to serve for a speedy weeknight meal. Alternatively, you can freeze them. Defrost fully in the fridge before frying until hot through.

SERVES 4 **PREP** 15 mins
COOK 15 mins **EASY**

4 salmon fillets
2 tbsp coconut oil (or other oil of your choice) plus 1 tsp
150g gluten-free bread, blitzed into breadcrumbs
1 large shallot, finely chopped
1 red chilli, deseeded and finely chopped
zest 2 limes, juice of ½
50g gluten-free flour
2 large eggs, beaten
50g desiccated coconut
rocket and sweet chilli sauce, to serve

1 Put the salmon in a microwaveable dish, brush with 1 tsp of the oil, cover with cling film and cook for 2-3 mins on high. Once cool, remove the skin and flake the salmon into small pieces in a large bowl.
2 Stir 100g of the breadcrumbs into the salmon along with the shallot, chilli and lime zest. Squeeze the lime juice into the mixture, season well and form into eight patties. Put the flour, beaten egg and remaining breadcrumbs onto separate plates. Add the coconut to the breadcrumbs and season the flour a little. Dip the patties first into the flour, then into the egg and lastly into the crumbs.
3 Heat 1 tbsp of oil in a non-stick frying pan over a medium heat. Cook the fishcakes for about 3 mins each side. You'll need to do this in two batches, so keep the first four fishcakes warm in a low oven. Serve with rocket or a green salad and the sweet chilli sauce.

BENEFITS freezable • omega-3 • gluten free
PER SERVING 591 kcals • fat 38g • saturates 16g • carbs 28g • sugars 2g • fibre 5g • protein 31g • salt 0.6g



Curried cod

SERVES 4 **PREP** 10 mins
COOK 25 mins **EASY**

1 tbsp oil
1 onion, chopped
2 tbsp medium curry powder
thumb-sized piece ginger, peeled and finely grated
3 garlic cloves, crushed
2 x 400g cans chopped tomatoes
400g can chickpeas
4 cod fillets (about 125-150g each)
zest 1 lemon, then cut into wedges
handful coriander, roughly chopped

1 Heat the oil in a large, lidded frying pan. Cook the onion over a high heat for a few mins, then stir in the curry powder, ginger and garlic. Cook for another 1-2 mins until fragrant, then stir in the tomatoes, chickpeas and some seasoning.
2 Cook for 8-10 mins until thickened slightly, then top with the cod. Cover and cook for another 5-10 mins until the fish is cooked through. Scatter over the lemon zest and coriander, then serve with the lemon wedges to squeeze over.

BENEFITS low fat • low cal • fibre • iron • 2 of 5-a-day • good for you
PER SERVING 296 kcals • fat 6g • saturates 1g • carbs 22g • sugars 10g • fibre 8g • protein 34g • salt 0.4g

Gnocchi with mushrooms & blue cheese

Soft goat's cheese will also work well if you prefer it to blue. Vegetarians should check the label.

SERVES 4 **PREP** 10 mins
COOK 10 mins **EASY**

2 x 400g packs fresh gnocchi
1 tbsp olive oil
knob of butter
1 large onion, roughly chopped
500g small Forestière or Portobello mushrooms, sliced
2 large garlic cloves, chopped
150g pack creamy blue cheese (we used Danish blue)
small pack parsley, chopped

1 Bring a large pan of water to the boil and cook the gnocchi following pack instructions. When they float to the top of the pan, they are ready. Drain and set aside.
2 Meanwhile, heat the oil and butter in a large lidded frying pan. Add the onion and mushrooms, cook for 1 min over a high heat, then turn down the heat to medium, put the lid on and cook for 5 mins, stirring a few times.
3 Remove the lid and add the garlic, cook for 1-2 mins, then stir the gnocchi into the pan. Scatter over blobs of cheese and the parsley.

BENEFITS vegetarian • low cal • folate • fibre • 2 of 5-a-day
PER SERVING 471 kcals • fat 15g • saturates 8g • carbs 63g • sugars 8g • fibre 8g • protein 16g • salt 2.7g



Indian koftas with mint yogurt & flatbreads

This recipe can be easily doubled to share with friends.

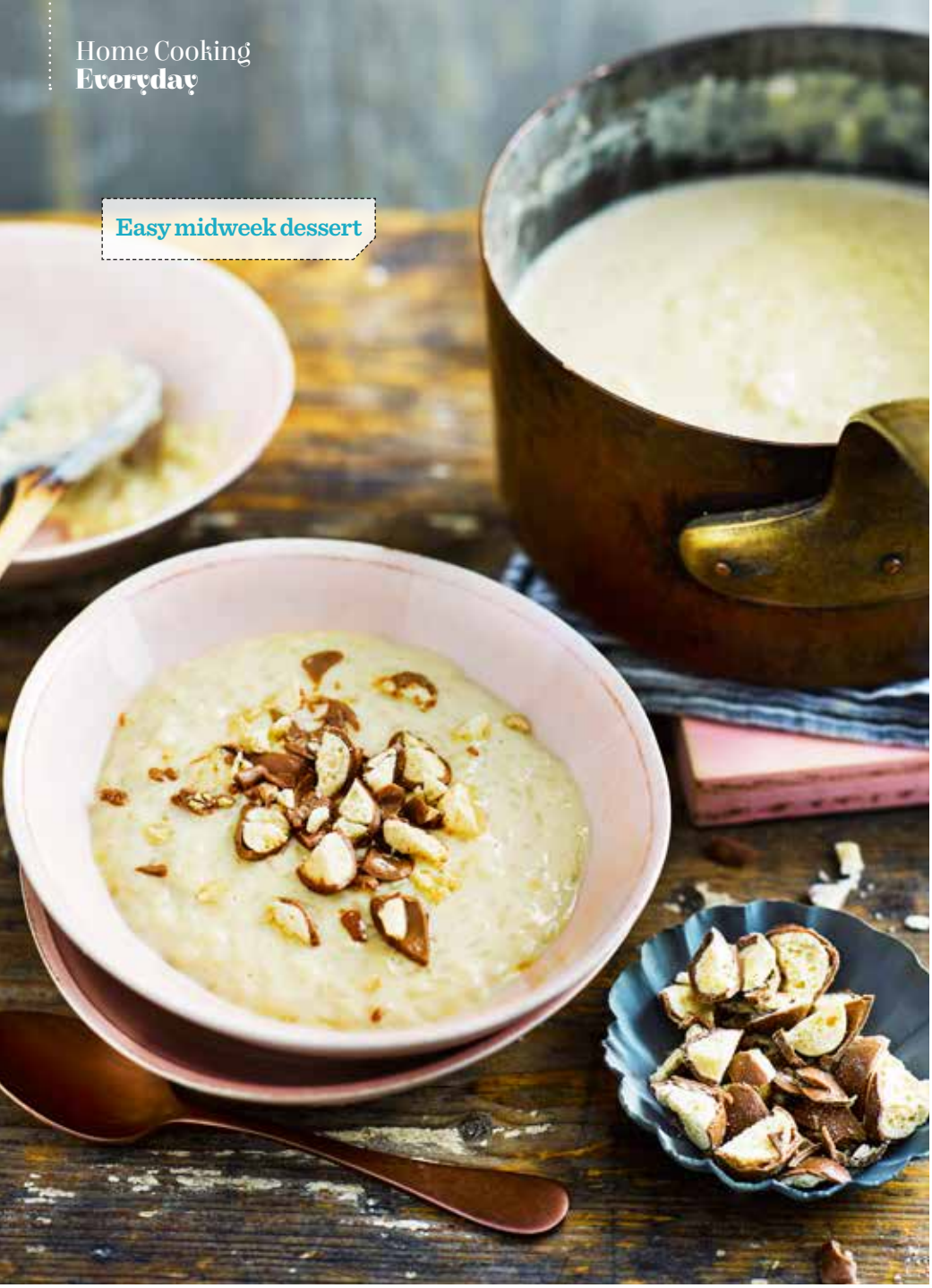
SERVES 3-4 **PREP** 15 mins
COOK 20 mins **EASY**

500g lamb mince
3 tbsp tikka curry paste
2 tbsp mango chutney
2 garlic cloves, finely grated
thumb-sized piece ginger, finely grated
225g Greek-style yogurt
1½ tbsp mint sauce
8 flatbreads
4 tomatoes, sliced
2 Little Gem lettuces, shredded

1 In a large bowl, mix the lamb mince with the curry paste, mango chutney, garlic and ginger. Season a little and roll into 20 oval balls. Heat a large, non-stick frying pan – you shouldn't need any oil, as lamb mince is quite fatty. Cook the koftas in batches for 2-3 mins – be careful as they are quite fragile.
2 Heat oven to 200C/180C fan/gas 6. Transfer the koftas to a baking tray and put in the oven for 10 mins, adding the flatbreads for the final 5 mins. Mix the yogurt with the mint sauce. Serve the koftas wrapped in a flatbread with some minty yogurt, tomato and lettuce.

BENEFITS freezable (koftas only) • calcium • folate • fibre • iron • 2 of 5-a-day
PER SERVING (4) 801 kcals • fat 27g • saturates 12g • carbs 92g • sugars 16g • fibre 7g • protein 44g • salt 2.7g

Crowd-pleaser



Easy midweek dessert

Italian veggie cottage pie

SERVES 6 **PREP** 10 mins
COOK 30 mins **EASY**

4 tbsp olive oil
2 aubergines, cut into chunks
2 large garlic cloves, crushed
16 sundried tomatoes, roughly chopped, plus 1 tbsp of their oil
2 tsp dried oregano
400g spinach, washed
50g plain flour
400ml milk
125g cheddar, grated, plus extra to top
800g ready-made mashed potatoes (fresh not frozen)

1 Heat oven to 220C/200C fan/gas 7. Heat 1 tbsp of the oil in a large, lidded frying pan or flameproof casserole dish. Cook the aubergine, in two batches, over a high heat for 4-5 mins until golden, adding extra oil as you need to. Return all the aubergine to the pan with the garlic, tomatoes and 1½ tsp oregano and cook for 1 min. Stir in the spinach, put the lid on the pan and leave for a few mins to wilt.
2 Add the flour and stir through until combined. Pour in the milk, stir gently and bring to the boil. Bubble for a few mins, then stir in the cheese and season. Cook until the cheese has melted and the sauce has thickened.
3 Mix the mash with the remaining oregano and spread over the filling. Scatter over a little more grated cheese and bake for 10-15 mins until golden.

BENEFITS vegetarian • freezable • calcium • folate • fibre • 2 of 5-a-day
PER SERVING 432 kcals • fat 24g • saturates 10g • carbs 35g • sugars 9g • fibre 8g • protein 15g • salt 0.7g

Malted milk rice pudding

Cover the surface of any leftover pudding closely with cling film to stop a skin forming.

SERVES 4 **PREP** 5 mins
COOK 25 mins **EASY**

100g malted milk powder (we used Horlicks)
200g pudding rice
850ml milk, plus extra if needed
1 pack of Maltesers, roughly crushed

Put the malt powder and pudding rice in a saucepan with a pinch of salt and pour in the milk, stirring. Bring to the boil and cook, stirring, for 20-25 mins, depending on how cooked you like your rice pudding, adding a little more milk if needed. Spoon into bowls and scatter over the crushed Maltesers.

BENEFITS calcium • folate
PER SERVING 458 kcals • fat 11g • saturates 7g • carbs 76g • sugars 24g • fibre 1g • protein 13g • salt 0.7g



2 of your 5-a-day

Rendez-vous at Brasserie Quartier

There's a brand new, delicious night in town at The St. Regis Dubai that shouldn't be missed!



Fabulously French

Brasserie Quartier Dubai: Versailles Reborn. Pairing the famed grandeur of the iconic French palace with new energy, excitement, and innovation of the menu, the restaurant evokes memories of classic European capitals, modernized for today's palates and sensibilities. A comfortably sophisticated dining room with extensive menu sections ranging from small plates to luxurious brasserie entrees: featuring the best quality ingredients and unique flavour combinations, which dazzle guests. The bar and lounge are meant to encourage people-watching and mingling, creating a buzz of energy that complements the inspired cuisine. The adjacent patisserie is transformed into a room full of sweet treats for dessert.

THERE'S A NEW NIGHT IN TOWN!

brasserie quartier

WHERE IS IT? Brasserie Quartier, The St. Regis Dubai

WHAT'S HAPPENING? Every Thursday, Rendez-vous à Table is the new food-filled night in town that everyone's talking about. When the meal is ready, the French shout, à table! Brasserie Quartier's new menu is set to dazzle guests. Friends and family are invited to gather around the table to share a meal with good company, great food, and even better wine. A delectable selection of items are prepared for sharing: starters, entrees, and desserts, all handpicked by Chef to allow guests experience all the flavours from the menu in one night. Paired with house poured grape.





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Contact:

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Meet the chef

Chef Stephane Buchholzer, culinary director of The St Regis Dubai and Al Habtoor City Hotel Collection, oversees operations at Brasserie Quartier. Here's what he said about Rendez-vous à Table:

"We have created a sharing concept paired with house grape every Thursday evening with Rendez-vous à Table at Brasserie Quartier, where the restaurant and bar really springs to life and there is a real buzz of energy that complements the inspired cuisine. I summarise the dining experience with three words: socialize, share, savour!

As a French chef I love this dining experience of socialising while enjoying food. It reminds me of the French way of life where friends and family gather around the table to share a meal. It's where you want to be! We have successfully recreated this at Brasserie Quartier.

To keep things innovative, the chef personally chooses the selection of starters, entrees and desserts every week. These are handpicked to allow for a taste of dishes that transports diners straight to France with one bite."

Want to book a table for Rendez-vous à Table?

Price: **Dhs240** per person inclusive of one glass of house grape.
Time and day: 6.30pm to 12.00 midnight every Thursday.

Call: 04-4355577
E-mail: srdubai.dining@stregis.com
Website: www.bqdubai.com
@brasseriequartier

brasserie quartier

ST REGIS DUBAI

Okonomiyaki

You can easily adapt this quick Japanese savoury pancake – leave out the bacon or the prawns if you want a lighter meal.

SERVES 1 **PREP** 10 mins
COOK 15 mins **EASY**

2 slices streaky bacon
1 egg
50g plain flour
50g sweetheart cabbage, finely shredded
2 spring onions, sliced diagonally
50g small cooked prawns
1 tbsp oil
1 tsp each of brown sauce and mayonnaise

1 Heat a small (about 20cm) non-stick frying pan, add the bacon and cook over a medium-high heat for a few mins until cooked through. Remove the bacon from the pan with a slotted spoon and set aside. Once cool, cut into pieces.
2 Whisk the egg, flour and 4 tbsp water to make a batter, season and stir in the cabbage, half the spring onions, the prawns and the cooked bacon. Pour the oil into the pan, add the mixture and press down, then cook for 5 mins on a medium heat.Flip with a spatula, then cook for another 5 mins until golden and cooked through. Slide onto a plate and drizzle over the brown sauce and mayonnwaise. Finally, scatter with the remaining spring onions.

BENEFITS 1 of 5-a-day
PER SERVING 613 kcals • fat 34g • saturates 7g • carbs 42g • sugars 4g • fibre 4g • protein 33g • salt 2.9g



Recipe for one



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Squash steaks with chestnut & cavolo nero pilaf

SERVES 4 **PREP** 10 mins
COOK 55 mins **EASY**

1 butternut squash
2-3 tbsp olive oil, plus extra for frying
½ tsp smoked paprika, plus a little extra for sprinkling
200g cavolo nero or curly kale, shredded
1 onion, chopped
180g chestnuts, halved
2 garlic cloves, finely chopped
½ tsp ground cumin
½ tsp ground cinnamon
250g basmati & wild rice
500ml vegetable stock
150g pot of coconut yogurt

1 Heat oven to 220C/200C fan/gas 7. Cut the neck of the squash into four rounds (keep the rest for another time). Heat the oil in a frying pan and brown the squash for a few mins each side. Transfer to a baking tray, sprinkle with half the paprika and roast for 30 mins.
2 Meanwhile, in the same frying pan, add a little extra oil and stir-fry the cavolo nero for 2 mins, then remove with a slotted spoon and set aside. Add the onion and chestnuts to the pan, cook for a few mins, then stir in the garlic, remaining paprika and spices and cook for 1 min. Stir in the rice and stock, bring to the boil, then cover with a lid. Turn the heat down as low as it will go and cook for 25 mins, stirring occasionally.
3 Once cooked, stir through the cavolo nero and serve with the squash steaks and the coconut yogurt sprinkled with paprika.

BENEFITS vegan • fibre • vit c • 2 of 5-a-day
PER SERVING 562 kcals • fat 15g • saturates 8g • carbs 87g • sugars 14g • fibre 10g • protein 14g • salt 0.4g

Vegan supper

Food styling SARA BUENFELD | Styling SARAH BIRKS

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Colourful Istanbul

What would you say to a short trip among the vibrant citrus trees of Istanbul, one of the most magical cities of the world, rich in gastronomy and history?



When you arrive in Taksim, it is recommended you take a walk along Istiklal Street, one of the world's most crowded main thoroughfares



Istanbul is one of the most cosmopolitan, spectacular and colourful cities in the world. The city's sights, shoreline and historic places never fail to attract both domestic and international tourists. There is a multitude of places to see and things to do in Istanbul, indeed a "centre of the world," and home to many of the world's great civilisations. In Istanbul, it is possible to witness the beauty of life, admiring flowers in its lush gardens one day and discovering ancient ruins the next.

Uncovering Istanbul's allure is not a feat that can be accomplished in just a few days. One of the best ways to discover this city is by exploring it on foot. You probably have a list that covers dozens of places to visit once you arrive. One neighbourhood common to all lists must be Taksim and Beyoğlu, the place where the heart of Istanbul beats. These locations are very suitable for exploring on foot. As we have already mentioned, Taksim is the place where the heart of the city pulses. It is the place everyone visiting Istanbul for the first time will visit. When you arrive in Taksim, it is recommended you take a walk along Istiklal Street, one of the world's most crowded main thoroughfares.

Colourful fruit kiosks

A neighbourhood that bears that same name as the famous tower, Galata is a part of Beyoğlu boasting a huge number of historic features. A fabulous treat would be to grab a bite to eat and a drink at the base of the Galata Tower! The smaller kiosks and restaurants here offer a number of choices to appease hunger during a walking tour. Delicious grilled meatballs, a toasted sandwich with tasty fillings, or if you prefer, a local dish. Having a glass of vitamin-rich, freshly squeezed orange or mixed fruit juice will keep you refreshed and energetic for the rest of your journey. It is almost impossible to resist the colourful citrus and other fruits you will see in the kiosks in this area. Your freshly squeezed oranges come from cities such as Adana, Mersin and Antalya, Turkey's citrus heavens. If you feel like continuing up to Sultanahmet, let us remind you that some of the restaurants here offer you the best examples of the citrus-based dishes of traditional Ottoman cuisine. Here, it is particularly hard to get enough of orange sherbet, or traditional Turkish cordial. It is even possible to buy some tasty fruit from the roadside grocers and eat them on the way to your next destination.



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Istanbul has a number of small street markets where it is possible to buy fresh fruit

Closed to vehicles, it stretches for almost a mile and has been very popular since the end of the 19th century. Along this street, you will come across several churches, mosques, shops, exhibition halls, cafes and restaurants. As you get close to the end of Istiklal Street and follow the curve that leads to a downward slope, you will encounter the Galata Tower. Built in 528 A.D., it is one of the oldest towers in the world. You must climb the stairs to get to the top of this fascinating structure and delight in a panoramic view of Istanbul! When you walk from the Galata Tower toward the coast, you will reach the sea and the Galata Bridge. The Galata Bridge is, in fact, much more than an architectural beauty. It is a real poetic icon that lies at the very core of the lives of Istanbul's residents. It is a special treat for most to watch people fishing on the bridge and the tour boats and ferries on the water. The fish sandwich restaurants on the lower level of the bridge are a great place for a short break. After crossing the Galata Bridge on foot, you will reach Eminönü, the home of Yeni Cami, or the New Mosque, a place visited by thousands of people every day. On the shores of Istanbul, Yeni Cami is the centrepiece of the city's silhouette and one of the most magnificent mosques of the sultans. The nearby Spice Bazaar is also a must-see. Dried fruits, spices and seasonings, desserts and deli products are sold in this marketplace. From the Spice Bazaar you can walk to Sultanahmet, better known as the "historic peninsula." There is so much to see in Sultanahmet, you may in fact want to leave it for another day.



Yeni Cami, or the New Mosque, a place visited by thousands of people every day

Lamb Shanks with Oranges



How about cooking a delicious dinner using the marvellous combination of lamb and succulent Turkish oranges? You will definitely enjoy this delectable dish full of protein and vitamin C that is pleasing both to the eye and to the palate.

Ingredients:

4 lamb shanks
2 handfuls pearl onions
8-10 baby carrots
8-10 new potatoes, cut in half
1 large celeriac, chopped into wedges
1 orange, cut into 8 pieces
2 cloves of garlic, whole
3-4 sprigs of fresh thyme
4-5 black peppercorns
Juice of 1 orange
Olive oil
Salt
Black pepper

Method:

Season the shanks with the salt, black pepper and olive oil. Brown the shanks all over in a warm pan and then put them aside on a plate. Caramelise the onions using the same pan you used to cook the shanks. Spread the onions and the rest of the ingredients in a layer on a baking tray. Place the shanks on top and cover the tray with aluminium foil, making sure there are no places for steam to escape. Bake in a preheated oven at 200C for 1.5 hours. Remove the foil and bake for another 30 minutes.



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CITRUS FRUITS, PARTICULARLY LEMON, PLAY A SIGNIFICANT ROLE IN TURKISH CUISINE. THE REFRESHING AND FLAVOURSOME CITRUS FRUIT GROWN IN TURKEY IS AN INDISPENSABLE INGREDIENT OF MANY NATIONAL DISHES



Lemon Tart

We made this recipe with piquant and juicy Turkish lemons, a great source of vitamin C. After we were done, we were able to enjoy a wonderfully fragrant warm lemon tart. Everyone will enjoy this delicious baked lemon dessert

Ingredients:

(Serves 6)
For the pastry: (Use a 20-23cm flan tin)
200g flour
5g salt
85g butter (softened to room temperature)
3 egg yolks
85g granulated sugar

For the filling:

4 eggs
1 egg yolk
175g granulated sugar
150ml cream
Juice and zest of 2 lemons
1 vanilla pod

Method:

Sift the flour and salt and spread on a flat surface. Make a well in the centre.

Cut the softened butter into cubes and put them in the centre with the egg yolks and sugar.

Stir the flour into the mixture by moving the flour, little by little, from the outside to the middle. Continue until you have a smooth dough. Wrap the dough in cling film and leave to rest in the fridge for three hours. Meanwhile, prepare the filling.

Whisk the eggs and egg yolk together with the sugar until the mixture becomes creamy. Add the lemon juice and zest and the vanilla extract to the mixture. Stir thoroughly, then cover and put in the fridge.

Roll out the dough with a rolling pin on a surface dusted with flour. Carefully line the tart tin with the dough, and cut off any excess. Cover the dough with baking paper and weight it down with chickpeas or another dry pulse. Bake in an oven preheated to 190C for 20 minutes. Take the pastry case out of the oven and remove the chickpeas and baking paper.

Pour the prepared filling into the pastry case and return it to the oven. Bake for 45 minutes at 150C. Take the tart out of the pan 15 minutes after removing it from the oven. Decorate with slices of lemon and blueberries. Lightly dust the top with icing sugar and serve.

Advertisement feature

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For the Love of Food! Viva Citrus Fruits

Cooking and creating new recipes turns into a unique delight for me when citrus fruits are involved. Whether it is a dessert, a salad or a main course, I love to use citrus in a range of ways and frequently include them in my recipes



Turkish citrus

Turkish citrus growers provide us with fruit that is not only healthy and fresh but also aromatic and delicious, grown in its natural habitat in the most fertile soil in the world. Oranges, grapefruits, lemons and mandarins, with their generous touch of the sun and enticing aromas, would make even the coldest winter day feel warmer. Other citrus fruits are available all year round, so you can use them to prepare a variety of dishes and salads. The Turkish citrus industry exports 1.5 million tons of fruit a year. Total industry exports had a value of $842 million in 2015. Turkey exported almost 22,000 metric tons of citrus fruit, or $13 million worth, to the United Arab Emirates in 2015. In this context, frequent discussions are held between the Turkish Citrus Promotion Group and the U.A.E., one of the most significant importers of Turkish citrus.



Take jams, for instance. It does not matter if I am using strawberries, quinces or figs; whatever kind of preserve I am making, I always include the juice of citrus fruit, as it never fails to go well with the main ingredient. There is no question about the secret of the delicious spiced damson plum jam I make: it is the lime I put in it. Of course, I do not use just the juice of citrus fruit. The peel I use in my fig jam not only intensifies its taste, but also gives it an eye-catching appearance. And then there are the preserves where the main ingredient is citrus itself – they are indeed the most irresistible ones. Take mandarin marmalade for example; you want to eat a whole jar of it when you have bread, butter and marmalade in front of you at breakfast time.



İnci Hatipoğlu (Chef)

Citrus sauces

The best thing about citrus is that it is so piquant it can be used as a sauce for savoury dishes. You may not have had the time to prepare at home Duck à l'Orange, or duck with orange sauce, one of the best examples of French cuisine. However, if you have at home some orange marmalade made from delicious Turkish fruit, and a chicken in the fridge waiting to be cooked, then you can prepare a quick chicken and orange dish that will taste almost like the classic French recipe. I use citrus fruits quite frequently, as they can be used to marinate and tenderize meat prior to cooking, and their flavours also go particularly well with poultry and seafood. It is possible to produce barbecued meat that is succulent and as soft as cotton wool when citrus juice is a part of the recipe, due to its citric and ascorbic acid content. This is why citrus fruit, especially delicious Turkish-grown varieties, ranks at the top of my list of essential marinade ingredients.

It goes well with pasta

I pair citrus with fresh herbs in the pasta sauces I cook. Fresh sage and lemon, rosemary and orange, and bay leaf and mandarin are perfect couples. If I make a cream sauce, I thin it out by adding few drops of lemon juice, and in this way achieve a palate pleasing and refreshing taste in my dishes. Citrus fruits are the first ingredients I go to for refreshment during hot summer days, and for healing in cold winter weather. Is there anything like an icy cold lemonade or lime sorbet in the summer? What is better for a common cold than a hot chicken soup with lots of lemon juice? For me, a life without citrus would be like a meal without salt or indeed taste. That's why I say, for the love of food; viva citrus fruits!

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Refreshing desserts

Photographs DAVID MUNNS



Frozen berry & ginger nut yogurt pops

MAKES 8 PREP 25 mins plus 4 hrs freezing
NO COOK EASY

100g/4oz ginger nut biscuits
405g can light condensed milk
250g/9oz red berries, we used strawberries, raspberries and redcurrants
500g pot 0% fat natural Greek yogurt
250g/9oz purple berries, we used blueberries, blackberries and blackcurrants

You will also need
8 paper cups
8 wooden lolly sticks

1 Place the biscuits in a food processor and blitz into crumbs. Add 2 tbsp condensed milk and blend again until the crumbs start to clump together. Divide the biscuit crumbs between 8 paper cups, pressing down with the back of a spoon. Make sure you scrape out every last crumb, then you won't have to wash the processor before the next step.
2 Roughly chop any large berries. Put half the red berries, half the remaining condensed milk, and half the yogurt in the food processor and blend until smooth. Remove the blade from the processor and stir through the remaining chopped red berries. Divide the mixture between 4 of the paper cups. Repeat with the purple berries and remaining ingredients.
3 Place a lolly stick into each cup, pushing down into the biscuit base to help it stand up straight. Freeze for at least 4 hrs before serving. To remove the lollies from the cups, tip upside down, and gentle squeeze the cup until the lolly slips out.

BENEFITS low fat • vit C • freezable
PER SERVING 247 kcals • protein 13g • carbs 44g • fat 2g • sat fat 1g • fibre 2g • sugar 39g • salt 0.4g

Make it Gluten free
Swap the biscuits for a gluten-free variety, or simply leave out.

Raspberry caramel ombre cake

SERVES 12-15 PREP 1 hr 10 mins plus chilling COOK 1 hr A LITTLE EFFORT

For the sponges
400g/14oz butter, softened, plus a little for greasing
400g/14oz soft light brown sugar
5 large eggs
400g/14oz self-raising flour
2 tsp vanilla extract
2 tbsp milk
200g/7oz raspberries

For the icing
397g can caramel (we used Carnation)
300g tub full-fat cream cheese
140g/5oz butter, softened
300g/11oz golden icing sugar
100g/4oz raspberries
pink and caramel food colouring pastes

1 Heat oven to 160C/140C fan/gas 3. Grease and line the base and sides of 2 x deep 20cm cake tins with baking parchment. In a large bowl, beat the butter, sugar and ¼ tsp salt with an electric hand whisk until light and fluffy. Add the eggs, one at a time, beating well after you add each one. If it looks like it might split, add spoonfuls of the flour. Add the remaining flour, then stir in the vanilla and milk and gently fold through the raspberries, trying not to break them up too much. Divide the mixture between the tins and bake for 50-55 mins, or until a skewer inserted into the centre of the cakes comes out clean. Cool in their tins for 20 mins before flipping onto wire racks, so the base now becomes the top, to cool completely.
2 To make the icing, put 1 tbsp of the caramel, the cream cheese, butter and icing sugar in a large bowl and beat with an electric hand whisk until smooth – try not to overbeat or the icing may become runny. Split the cakes through the centre using a large serrated knife. Use a little of the cream cheese icing to stick one cake layer to a board or cake stand. Layer the remaining cake layers on top, filling with the caramel and some raspberries between each layer, finishing with a flat top of caramel.
3 Using roughly a third of the icing, cover the cake with a thin layer using a palette knife – don't worry too much about getting it smooth at this stage, this first coat is to fill any gaps between the sponges and catch any crumbs. Once covered, chill for 30 mins.
4 Split the remaining icing between two bowls, with roughly two-thirds in one bowl and the remaining third in the other. Use a little food colouring to dye the smaller batch pink, and the other a biscuity-caramel colour. Remove the cake from the fridge. Dollop the caramel coloured icing on top of the cake and, using your palette knife, spread the icing over the top, then tease it down the sides, stopping roughly halfway down. Use the pink icing to cover the bottom half of the cake.
5 You should now have a stripe of pink at the bottom and caramel icing on the top half of the cake. Clean your palette knife and gently swipe the icing upwards, through the pink into the caramel, blending the colours together. Continue to do this around the cake, wiping your palette knife between each swipe. Once you've gone all the way around, run your palette knife all the way around the edges to smooth the surface, or leave it more rustic if you prefer. Best eaten within 1 day of making, will keep in the fridge for up to 3 days, just bring to room temperature before eating.

BENEFITS freezable (sponges only)
PER SERVING (15) 730 kcals, protein 7g, carbs 81g, fat 43g, sat fat 26g, fibre 2g, sugar 62g, salt 1.1g



EASY IDEA FOR RASPBERRIES
Raspberry, chocolate & hazelnut toastie
Make a sandwich using sliced white bread, chocolate hazelnut spread and a small handful of raspberries. Whisk 1 egg with a splash of milk or cream and a sprinkle of caster sugar, then soak the choc raspberry sandwich in the mixture for a few mins on each side. Fry in a little butter until golden, then slice on the diagonal and serve with ice cream and scatter over toasted hazelnuts.



The graduated icing adds a stylish, dramatic finish

Friday Family Fun DAY









Guaranteed Fun For the whole Family!

With the cooler months just ahead, Brunello will once again be hosting the perfect family lunch. Spend the day with the family at the Friday Family Fun Day, with a variety of activities for the kids, pool & beach access and a relaxing experience for you.

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Lunch is served!

Enjoy a wonderful Thanksgiving meal full of festive cheer with these new recipes from the BBC Good Food team

Photographs SAM STOWELL

Thanksgiving is on November 24



Crispy bacon-basted turkey



CELEBRATION LUNCH FOR 8

Crispy bacon-basted turkey

SENSATIONAL SIDES

Best-ever roast potatoes

Ginger & orange glazed baby carrots

Festive red cabbage

Creamed sprouts with chestnuts

Salted maple-roasted parsnips

ALL THE TRIMMINGS

Triple nut & apple stuffing balls or Stuffing baubles

Sticky Port gravy

Persian cranberry sauce

Buttered toast bread sauce

Crispy bacon-basted turkey

SERVES 6-8 **PREP** 25 mins plus up to 1 day salting (optional) and up to 1 hr resting **COOK** 3 hrs 25 mins–4 hrs 10 mins **A LITTLE EFFORT**

5kg–6kg/11-13lb oven-ready turkey, neck and giblets removed and saved for the Sticky Port gravy (recipe on p70)
2 thyme sprigs
1 onion, halved
1 lemon, halved
2 bay leaves
1 garlic bulb, halved

For the salt mix
85g/3oz flaky sea salt
2 tbsp fresh thyme leaves
1 tsp crushed black pepper

For the crispy bacon butter
6 rashers smoked streaky bacon or pancetta, chopped into small pieces
140g/5oz butter, softened
1 tbsp maple syrup

1 If you have time the day before, salt the turkey. Make the salt mix by grinding the salt with the thyme leaves and pepper in a spice grinder or with a pestle and mortar. Sit the turkey in a roasting tin and season all over, inside and out, using about two-thirds of the salt. Leave the turkey in the tin, breast-side up, cover with cling film and put in the fridge for up to 24 hrs. If you don't have time, or there is no room in the fridge, simply prepare the salt and season the turkey generously before roasting.

2 To make the bacon butter, gently cook the bacon in a dry frying pan for about 10 mins, stirring occasionally, until the fat has seeped into the pan and is sizzling gently, and the bacon is crisp. Take off the heat and leave to cool slightly. Scrape the bacon and the fat into a food processor with the butter and maple syrup. Blitz to combine, scraping down the sides of the processor from time to time. Roll up the butter in cling film to form a log and place in the fridge. Can be made a few days ahead or frozen for 1 month.

3 Remove the turkey from the fridge an hour or so before you want to cook it. Remove the bacon butter from the fridge to soften up. Heat oven to 180C/160C fan/gas 4. Calculate your cooking time based on 40 mins per kg for the first 4kg of the turkey, plus 45 mins for every kg after that (see timeplan on page 182).

4 Gently push your fingers under the skin of the turkey, starting from the neck, until you can push your whole hand in down the length of the breast. Take care not to tear the skin. Use your hands to spread the bacon butter under the skin so that it covers the entire breast area, and there is butter in the crevice between the thigh and the main body. Pop a sprig of thyme under the skin of each breast, then smooth the skin over with your buttery hands. Place the onion, lemon, bay leaves and garlic in the cavity.

5 Cover the tin loosely with foil and roast for the calculated cooking time – 30 mins before the end of cooking, increase the oven temperature to 200C/180C fan/gas 6, remove the foil, baste the turkey and return to the oven. When the turkey is beautifully brown and cooked through, remove from the oven and leave to rest on a warm platter covered in foil for up to 1 hr.

6 Pour the fat away from the roasting tin, leaving just the juices. If your tin is flameproof, pour in the Sticky Port gravy (recipe, p70) to reheat with the juices; if not, tip them both into a saucepan and reheat. Serve the remaining salt mix as a seasoning alongside the rest of the meal.

BENEFITS freezable (butter only)
PER SERVING (8) 761 kcals • fat 41g • saturates 17g • carbs 2g • sugars 2g • fibre none • protein 96g • salt 8.7g

New ideas for sides and stuffing



Ginger & orange-glazed baby carrots

Triple nut & apple stuffing balls

Festive red cabbage



Ginger & orange-glazed baby carrots

SERVES 6-8 PREP 5 mins COOK 25-30 mins EASY

900g/2lb baby carrots, washed and scrubbed
50g/2oz butter
25g/1oz piece ginger, peeled and finely grated
2 tbsp clear honey
zest 1 orange

1 Bring a large pan of salted water to the boil and add the carrots. Simmer for 5 mins until slightly tender, then drain.
2 In a wide pan, heat the butter until melting, then add the carrots, ginger, honey and orange zest. Cook over a medium heat for 25-30 mins, turning them gently every now and then, until the carrots start to go golden and sticky.
3 Turn the carrots gently in the pan every now and again until all sides are browning. Season well before serving.

BENEFITS vegetarian • gluten free • 1 of 5 a day
PER SERVING 101 kcals • fat 6g • saturates 3g • carbs 10g • sugars 9g • fibre 4g • protein 1g • salt 0.4g

Festive red cabbage

SERVES 6-8 PREP 10 mins COOK 3 hrs EASY

1 tbsp vegetable oil
2 large onions, finely chopped
1 star anise
1 cinnamon stick
150ml/¼ pt red wine
1 red cabbage (about 900g/2lb), shredded
2 tbsp dark brown soft sugar
2 Bramley apples, peeled and chopped

1 Heat the oil in a large flameproof casserole dish, add the onions and cook on a medium heat for 8-10 mins, then add the star anise and cinnamon stick.
2 Pour in the wine and let it simmer until slightly reduced. Add the cabbage, sugar and apples, and stir well. Season well, cover and simmer on a low heat for 3 hrs, stirring every now and again.
3 Once the cabbage is tender, check the seasoning. Serve in a bowl with the star anise and cinnamon stick on top. Can be made 1-2 days in advance or frozen for up to 4 months – simply reheat on the hob before serving.

BENEFITS 2 of 5 a day • gluten free • vegetarian • low fat • vit c • freezable
PER SERVING (8) 112 kcals • fat 2g • saturates none • carbs 16g • sugars 14g • fibre 5g • protein 2g • salt none

Triple nut & apple stuffing balls

MAKES 16 PREP 20 mins COOK 30 mins EASY

2 tbsp linseeds
1 red onion, halved
1 tbsp olive oil, plus extra for greasing
200g/7oz mixed nuts of your choice (we used a combination of pecans, hazelnuts and pistachios)
400g can cooked green lentils in water, drained
50g/2oz breadcrumbs
small bunch sage, chopped
1 small apple, grated

1 Put the linseeds in a small bowl and mix with 2 tbsp water, then set aside for 5-10 mins until the water thickens to a gluey consistency. Meanwhile, place the onion in a food processor and whizz until finely chopped. Heat the oil in a frying pan, tip in the onion and cook for 5 mins until softened.
2 Tip the nuts into the food processor and whizz until coarsely chopped. Sprinkle 3 tbsp of the nuts over a plate and set aside. Add the lentils, breadcrumbs, sage, apple, linseeds (and any liquid in the bowl), onion and plenty of seasoning to the processor. Pulse to blend the mixture until just combined – don't chop too finely or the stuffing will lose its nice nutty texture.
3 Line a baking tray with foil and grease with a little oil. Remove the blade from the processor and oil your hands. Scoop out walnut-sized chunks of stuffing, roll into balls, then roll on the plate of chopped nuts to coat. Place on the prepared baking tray. Can be covered with cling film and chilled for up to 2 days, or frozen for 2 months.
4 Heat oven to 200C/180C fan/gas 6. Unwrap (if chilled) and bake for 25-30 mins until the nuts are a little darker and the balls have firmed up slightly – they will be softer than traditional stuffing balls but will firm up after a few mins cooling. If you're cooking from frozen, bake for 35-40 mins.

BENEFITS vegetarian • freezable
PER BALL 123 kcals • fat 9g • saturates 1g • carbs 6g • sugars 2g • fibre 2g • protein 3g • salt none

Creamed sprouts with chestnuts

SERVES 6-8 PREP 10 mins COOK 25 mins EASY

900g/2lb Brussels sprouts, trimmed
2 onions, finely chopped
2 tsp vegetable oil
50g/2oz butter
2 garlic cloves, crushed
½ vegetable stock cube, crumbled
250ml/9fl oz double cream
1 tsp freshly grated nutmeg, plus extra to serve
200g/7oz vacuum-packed chestnuts, roughly chopped

1 Bring a large pan of salted water to the boil, add the sprouts and cook for 3-4 mins until slightly tender. Drain and rinse under cold water.
2 Meanwhile, very gently fry the onions in the oil and half the butter for about 10 mins until soft. Add the garlic and stock cube and cook for 2 mins, stirring, until everything is combined. Remove from the heat.
3 Roughly chop the sprouts by hand or in a food processor, then stir them in with the onions and the rest of the butter, along with the double cream and nutmeg. Put back on the heat and cook until the cream is bubbling. Season to taste. Toss in the chestnuts and sprinkle over a little extra nutmeg to serve.

BENEFITS vegetarian • folate • fibre • vit c • 2 of 5 a day
PER SERVING (8) 321 kcals • fat 25g • saturates 14g • carbs 16g • sugars 7g • fibre 7g • protein 5g • salt 0.5g

Salted maple-roasted parsnips

SERVES 6-8 PREP 5 mins COOK 35-40 mins EASY

600g/1lb 5oz parsnips, peeled and quartered
2 tbsp vegetable oil
3 tbsp maple syrup
3 thyme sprigs, leaves picked

Heat oven to 220C/200C fan/gas 7. Put the parsnips in a large roasting tin with the oil, maple syrup, thyme leaves and some sea salt flakes. Roast for 35-40 mins until soft and sticky. Scatter over a few more sea salt flakes before serving.

BENEFITS 1 of 5 a day • gluten free • vegetarian
PER SERVING (8) 97 kcals • fat 3g • saturates none • carbs 15g • sugars 8g • fibre 4g • protein 1g • salt none



Creamed sprouts with chestnuts

Salted maple-roasted parsnips





Stuffing baubles

MAKES 12 **PREP** 25 mins **COOK** 40 mins **EASY**

drizzle of vegetable oil, plus extra for greasing
6 small or medium red onions
250g/9oz sausagemeat
50g/2oz dried cranberries
small bunch thyme, leaves picked
50g/2oz fresh or dried breadcrumbs
12 rashers pancetta

1 Heat oven to 180C/160C fan/gas 4 and grease a large baking tray. Halve the onions through the root and peel off the papery skin. Cut off any stringy roots but leave the base of the root intact. Slice a little off the rounded side of each onion half, so they will sit on the tray.
Cut away the centre of the onions, reserving the offcuts, to leave a hollow – once you've cut away a little, you can use your fingers to pull out the layers until you're left with a shell of 2 or 3 layers. Arrange the halves on a baking tray, season and bake for 10 mins until just softened. Set aside to cool.
2 Weigh the onion offcuts and place 140g/5oz in a food processor (save any remaining onions for another recipe). Blitz until finely chopped but still with a little texture – or finely chop by hand. Heat a drizzle of oil in a frying pan and add the onions. Cook for 5 mins until softened, then set aside to cool.
3 Tip the sausagemeat, cranberries, thyme and breadcrumbs into a bowl. Add the fried onions and a little seasoning. Mix well. Roll the stuffing mixture into 12 balls and use to fill the onion halves. Wrap a slice of pancetta around each 'bauble', ensuring the ends meet underneath the onions. Can now be covered with cling film and chilled for up to 2 days or frozen for up to a month.
4 Heat oven to 200C/180C fan/gas 6. Unwrap the stuffing baubles (if chilled) and bake for 25 mins until cooked through and the bacon is starting to crisp. If you're cooking from frozen, bake for 35 mins. (If you have a full oven, it may be too steamy to crisp up the bacon, so finish with a blast under a hot grill until nicely browned and crispy.)

BENEFITS freezable
PER SERVING 120 kcals • fat 6g • saturates 2g • carbs 10g • sugars 5g • fibre 1g • protein 5g • salt 0.5g

Best-ever roast potatoes

SERVES 8 **PREP** 30 mins plus chilling **COOK** 1 hr 40 mins **EASY**

3kg/6lb 8oz Maris Piper potatoes (we've tried lots of potatoes over the years and these are truly the best)
sunflower oil

1 A day or two before roasting, prepare the potatoes. You need chunks or whole potatoes roughly the size of a clementine, so peel and leave whole, halve or quarter accordingly. Place the potatoes in a large pan of cold, salted water – salting is important, so don't skip it. Bring the water to the boil and simmer gently for about 15 mins until the potatoes are cooked all the way through but not on the brink of collapse. Gently drain the potatoes in a colander, but do not shake them or ruffle them up – just leave them to drain and cool. Once there is no more steam coming off them, place on a tray in a single layer and put them in the fridge, uncovered, until ready to roast.
2 Heat oven to 200C/180C/gas 6 (or put them in when you turn it up for the turkey). Pour oil into a deep roasting tin to give an even layer of about 0.5cm. Place the tin in the oven for 5 mins to heat the oil, then remove from the oven. One at a time and working methodically (starting at one corner of the roasting tin and lining them up as you go) place each potato in the oil and use a spoon to turn it so it's completely coated. Don't worry about the oil cooling down too much. Once all the potatoes are in the tin in a single layer, not touching, place the tin in the oven and cook for 40 mins, undisturbed.
3 Remove from the oven and – again, meticulously – turn each potato. Return to the oven for 20 mins, then repeat the potato-turning process again. If, at this stage, your other side dishes allow you to, turn the oven up to 220C/200C fan/gas 7 and give the potatoes a final 20 mins. By now you should have potatoes that are everything a roastie should be: deep, golden and crunchy on the outside with an extra-fluffy middle – just sprinkle with a little sea salt to serve.

BENEFITS vegetarian • fibre • good for you • gluten free • freezable
PER SERVING 434 kcals • fat 17g • saturates 2g • carbs 61g • sugars 2g • fibre 6g • protein 7g • salt 0.6g

The all-important sauces





Sticky Port gravy

SERVES 8 PREP 25 mins COOK 1 hr 30 mins EASY

neck and giblets from your turkey
4 chicken wings, chopped into pieces (or 8 chicken wings if you don't have the turkey neck and giblets)
2 onions, unpeeled and quartered
1 carrot, unpeeled and roughly chopped
2 celery sticks, roughly chopped
1 garlic bulb, halved
1 tbsp sunflower oil
1 tbsp clear honey
2 tbsp soy sauce
1 tbsp tomato purée
50g/2oz plain flour
small handful dried mushrooms (optional – but nice)
1 tbsp red wine vinegar or Sherry vinegar
150ml/¼ pt Port, Sherry or red wine
1.2 litres/2 pints chicken stock
3 bay leaves
small bunch thyme

1 Heat oven to 220C/200C fan/gas 7. Tip the turkey bits and/or chicken wings into a sturdy roasting tin with the onions, carrots, celery and garlic. Toss in the oil and spread out into a single layer. Place in the oven for 40 mins undisturbed – you want them the right side of just burnt, as this will give you lots of flavour.
2 Remove the tin from the oven and mix in the honey, soy sauce and tomato purée. Toss everything together until all the bits are completely coated, then return to the oven for 10 mins until sticky and caramelised. Remove the tin from the oven again, sprinkle over the flour and dried mushrooms (if using) and return to the oven for a final 10 mins.
3 If your roasting tin is flameproof, put it on a low flame, add the vinegar and sizzle for a moment. Pour in the Port and cook until you have a thick, glutinous paste mixed in with all the ingredients – it will look quite messy! Add the stock and herbs, bring to the boil and cook for 10 mins. (If your tin isn't flameproof, add the vinegar, stir to loosen all the burnt bits from the tin, then tip into a saucepan to continue.)
4 Turn off the heat and use a potato masher to mash everything to extract as much flavour out of it as you can. Carefully pass the contents through a sieve over another saucepan, pushing down on the contents of the sieve. Simmer the gravy until thick and glossy, then leave to cool. Can be chilled for up to 3 days or frozen for up to 2 months. Reheat the gravy and serve as it is, or add to the turkey roasting juices for even more flavour.

BENEFITS low fat • freezable
PER SERVING 144 kcals • fat 3g • saturates 1g • carbs 12g • sugars 6g • fibre 1g • protein 9g • salt 1.1g

Persian cranberry sauce

Middle Eastern flavours bring a new dimension to traditional cranberry sauce. The texture is thick, like a chutney, so if you prefer a thinner consistency, add 100ml water.

SERVES 8 PREP 5 mins COOK 10 mins

250g/9oz fresh or frozen cranberries
2 tbsp pomegranate molasses or balsamic vinegar
juice and finely grated zest ½ orange, plus extra zest to serve
2 tbsp golden caster sugar, plus extra to taste
pinch of ground allspice

Simply tip all the ingredients into a small saucepan and bring to a gentle simmer. Stir over a low heat for 10 mins until the cranberries have burst into a thick, glossy, sticky sauce. We like ours on the sour side to give your plate a hit of acidity, but if you prefer it sweeter add a bit more sugar. Leave the sauce to cool, then sprinkle over a little orange zest to serve. Can be kept covered in the fridge for up to a week, or frozen for 4 months.

BENEFITS vegetarian • low fat • gluteen free • freezable
PER SERVING 37 kcals • fat none • saturates none • carbs 8g • sugars 7g • fibre 1g • protein none • salt none

Buttered toast bread sauce

Bread is vastly improved when you toast it and slather it with butter. We've applied the same principle to bread sauce, and you'll really notice the difference in flavour.

SERVES 8 PREP 15 mins COOK 25 mins EASY

140g/5oz crustless sliced white bread
85g/3oz butter
1 onion, finely chopped
1 bay leaf
1 thyme sprig
600ml/1 pt milk
pinch of ground cloves
pinch of ground nutmeg
100ml/31/2fl oz double cream

1 In a toaster or under a grill, toast the bread slices on both sides until dark brown. Leave to cool, then pulse in a food processor to make rough crumbs.
2 Heat half the butter in a saucepan and cook the onion gently for about 10 mins until just starting to brown and turn sticky. Add the bay leaf and thyme, and pour over the milk. Mix in the spices and season with a sprinkling of salt and pepper. Bring to the boil and simmer gently for 5 mins.
3 Remove the herbs, then stir in all but a handful of the crumbs and cook over a low heat, simmering gently, until thickened. For a very smooth sauce, blitz with a hand blender in the pan. Can be chilled for up to 2 days or frozen for up to 2 months, then reheated to serve.
4 While the sauce simmers, melt the remaining butter in a small frying pan and cook until sizzling and nut-brown. Throw in the remaining crumbs and cook in the butter until really crisp, then turn off the heat.
5 Add the cream to the sauce and heat for a few mins more, then tip into a serving dish. Spoon over the crisp crumbs and any remaining nutty butter to serve.

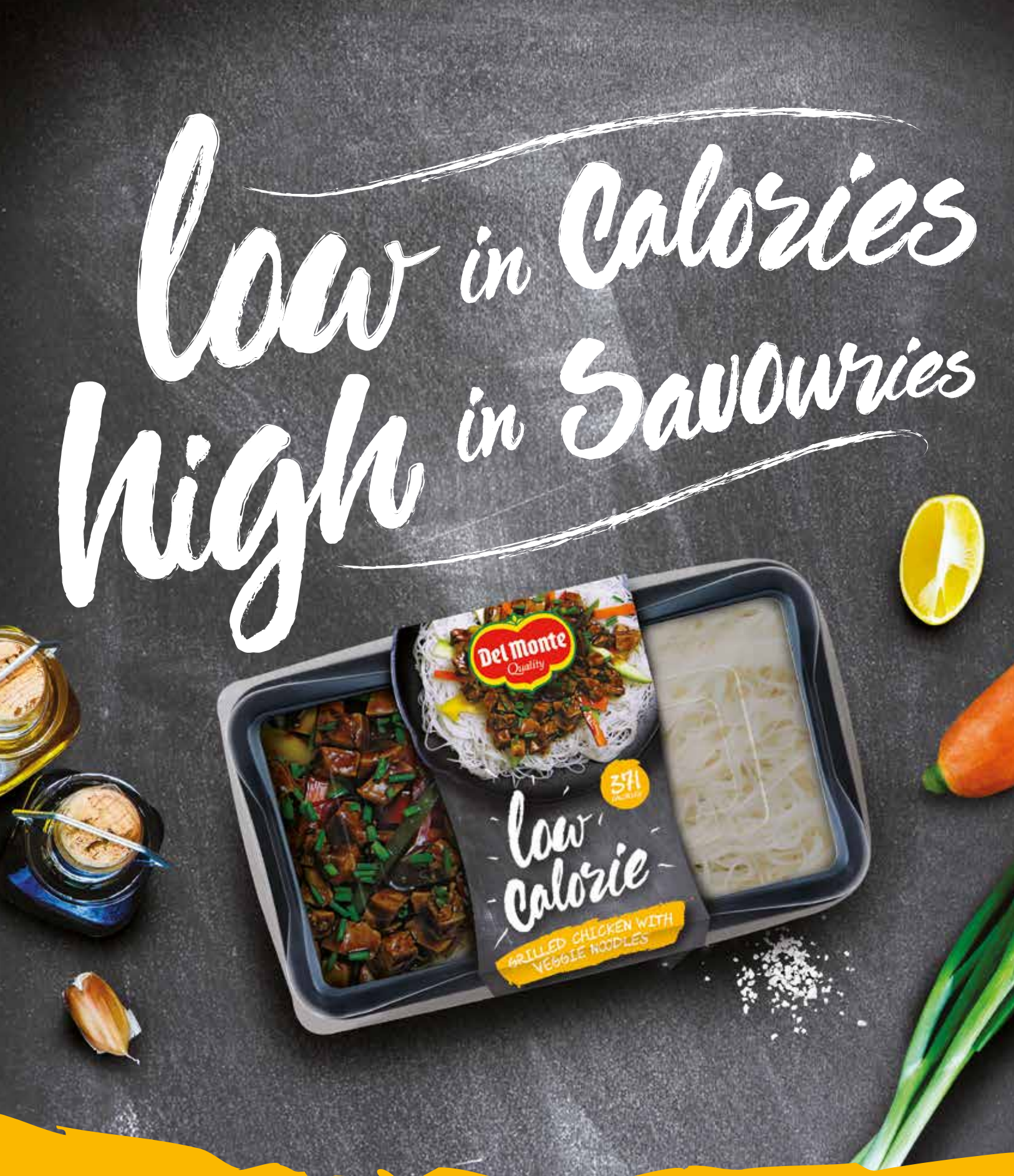
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PER SERVING 234 kcals • fat 17g • saturates 11g • carbs 14g • sugars 5g • fibre 1g • protein 5g • salt 0.5g

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Recognised internationally for producing some of the world's finest food and beverage products, this year Northern Ireland is celebrating its 'Year of Food and Drink'. You may have noticed that the country has been featured recently as a gourmet travel destination in several of the region's most popular publications due to its fast-growing reputation for high quality food and beverage.

If you shop at the likes of Spinneys, Carrefour and Lulu's you're in luck as you'll find many of the country's favourite products are now available in-store for you, your family and friends to enjoy.

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Evron Foods Group is a privately owned company specialising in the manufacturing and marketing of quality bakery products for the retail, food service, wholesale and food-processing/manufacturing market sectors.

Evron established its reputation back in 1984 as a pioneering company when it was the first to introduce garlic bread to Northern Ireland and is today recognised as one of the leading manufacturers in its sector.

You can find their most popular Easibake branded garlic baguettes and toasties in Spinneys & Waitrose across UAE and coming soon to Carrefour in 2017.

For more information, please visit: **evronfoods.co.uk**

heavenly
organic superfoods



Yummy goodness for babies and children

Heavenly is a new and exciting range of healthy snacks and babies and children offering a unique mix of super food ingredients such as spinach, coconut milk and pumpkin with grains like buckwheat, millet and amaranth. Yummy Wafer Wisps, Happy Halo Bites, Coconut Squishies, Crispy Veggie Waffles and Mini Italian Breadsticks are all available in Heavenly's award winning range.

All of Heavenly's products are organic and natural, contain no added sugar and are low in natural sugars, meaning they are a healthy choice for your little one. Heavenly snacks are available from Spinney's in Dubai and Abu Dhabi, Lulu's in Dubai and independent retail outlets in across the Middle East including Qatar, Kuwait.

For more information, please visit: **heavenlytasty.com**

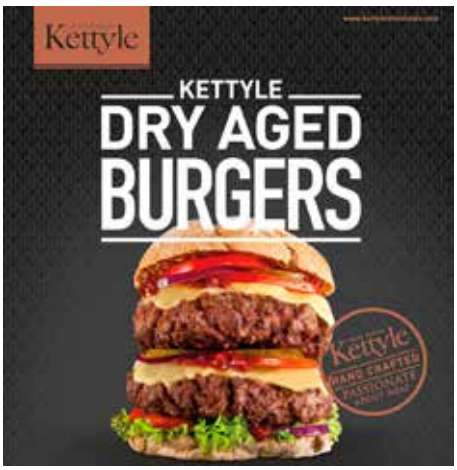


Marvellous mash

Mash Direct uses six generations of farming expertise to create traditional vegetable side dishes that are quick to cook without compromising on that homemade taste. They use only heritage varieties of vegetables, grown for flavour not appearance, gently steam cook them to retain their nutritional goodness and then pack them on the family run farm in Strangford Lough, Northern Ireland.

Mash Direct is proud to have won over 120 accolades, including 18 Great Taste Awards. The full product range contains no artificial nasties and is 100% gluten free. Products by Mash Direct are available in Spinneys throughout Dubai.

For more information, please visit: **mashdirect.com**



Mouth-watering dry aged burgers

Since their introduction to the UAE market by Pan Euro MENA, Kettyle Irish Meats Dry Aged Burgers have proved a favourite amongst consumers who are conscious of the provenance of their meat and concerned with sustainably produced food that tastes incredible. Available in Spinneys and Waitrose, Kettyle Dry Aged Burgers are the perfect burger. The meat is matured to the optimum and has a flavour that is full and well rounded. The texture is that of a home-made patty, open and fluffy with a firm bite yet unquestionably tender and juicy.

For more information, please visit: **kettyleirishfoods.com**

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Natural, nutrient-rich artesian water

Water Within is situated deep in the hills of Antrim, atop Ireland's only known natural artesian spring. The nutrient-rich artesian water which rises from it, lies at the heart of Water Within's exciting low sugar and sugar free products.

'Water Within' is available in still and carbonated options as well as a range of delicious, natural, sugar free flavours, while 'Drip'n'Drop' comprises a range of healthy, lightly flavoured and juicy refreshments for children.

'Vitamin Within' helps you stay in balance and on form thanks to a delicious infusion of real fruit flavours with your recommended daily allowance of vitamins B & C. Water Within still and sparkling water is currently available at Dubai Duty Free. Always a good idea to pre-hydrate before a flight!

For more information, please visit: **waterwithin.co.uk**

LINWOODS
YOUR LINK TO GOOD FOOD



Healthy superfoods

Based in Armagh and established in 1965, Linwoods is a family owned company that manufacture a range of healthy superfood combinations, many of which contain Milled Organic Flaxseed. Linwoods products are a convenient way to gain a wide range of essential fatty acids, vitamins and minerals in your diet- you can sprinkle them on any meal!

All of the products have good fiber content, are gluten free and free from sugars and preservatives. One of their most popular products includes 100% RDA of Vitamin D per serving, and another contains Co-enzyme Q10 – the supplement normally found in beauty products.

Linwoods packs are now sold in over 25 countries worldwide, and in the UAE, are listed in Spinneys, Choithrams, Aster Health Care Hypermarket, Fine Fare Food Market, Park N Shop, Pulp Juice, Zoom Market and selected pharmacies.

For more information, please visit: **linwoodshealthfoods.com**

free'ist



Scrumptious and sugar free

Free'ist has an extensive range containing 20 sugar free and no added sugar products. Free'ist was introduced after a growing demand for tasty snacks within the 'Free From' category, for consumers who wanted to eat better for a healthier lifestyle.

Some of the products, as well as being sugar free/no added sugar, are gluten free – making them suitable for coeliacs. Products include cookies, tea biscuits, chocolate, jams, popcorn, and chocolate wafers. "Free'ist indulges your craving for the little treats you love, without letting sugar get in your way. But unlike other sugar free brands, actually put flavour first," says Free'ist.

For more information, please visit: **freeist.co.uk**



Gluten free goods

Rule of Crumb is a Northern Ireland home grown company established in 2013 that offers customers a wide range of high quality, great tasting gluten-free items that have won three Great Taste Awards and five 'Free From' Ireland Awards.

Rule of Crumb has gone from strength to strength entering large supermarkets in the United Arab Emirates. The product range is available from LuLu Supermarkets in Qatar, Kuwait, Abu Dhabi and Dubai. Soon, it will be available at Carrefour in Abu Dhabi and Dubai and from 4 Corners Foodservice.

For more information, please visit: **ruleofcrumb.com**



Glorious gluten free caramel squares

New Found Joy is a premium, award-winning artisan bakery specialising in delicious, gluten-free treats for the speciality food market. After seeing the growing demand in the gluten-free market, New Found Joy decided to develop a range to meet this growing need.

New Found Joy has a number of products in its range, including Caramel Squares which are the company's best seller. The products are hand-made by experienced bakers passionate about the gluten-free market. They also use the best local produce available to ensure customers get quality products time and time again.

For more information, please visit: **newfoundjoy.co.uk**



Guilt free snacks

When searching for a guilt free snack Forest Feast is the 'go to' brand for healthier dried fruit and nuts. With an extensive range available from leading retailers you can opt for the 'nations favourite' Forest Feast Exotic Dried Mango, Carabao variety from the Philippines, which not only tastes great but is free from artificial additives and preservatives, is low in fat and is a PREDA Fair Trade product.

If you're in the mood for a savoury snack Forest Feast offers an innovative range of 'Baked Not Fried' savoury pouch packs with premium nuts which are packed full of protein, fibre and essential fats. Ranging from Roasted & Salted Pistachios, Roast & Salt Assorted Nuts to Thai Spice Cashews all of which are small batch baked and seasoned to perfection.

Available from Spinneys, Lulu, Waitrose, Choithrams, and Danube stores nationwide.

For more information, please visit: **forestfeast.com**



Passionate, delicious bakes

Graham's Bakery uses traditional methods, together with new ideas, tastes and textures to craft the art of baking just for you. Master baker, Dennis Graham says: "You could say baking is in our genes. Our passion for baking has been in the family for three generations now. Started by my mother in our local Northern Irish town 60 years ago, the family business is now maintained by my children."

Graham's Swiss Rolls and Coconut Layer Cakes are available at Spinneys and Waitrose in the UAE.

For more information, please visit: **grahamsbakery.com**

Meet the team at Invest Northern Ireland

Who are we?

As the regional business development agency, Invest NI's role is to grow the local economy. We do this by helping new and existing businesses to compete internationally, and by attracting new investment to Northern Ireland.

Contact:
Call: +971 4 391 4700
Visit: investni.com
E-mail: dubai@investni.com
@InvestNI_MEast

Karl Devlin

Head of Business Development – Middle East, Food Division, Invest Northern Ireland



'I'm proud that so many Northern Ireland food and drink companies are active in the Middle East market. It's great to see more and more international consumers discovering the pure, natural, quality we have to offer. This year alone our dairy exports have increased by £500,000 to the UAE.'

P: + 44 (0) 2890698225
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Jacky Maranan

Business Development Manager, Invest Northern Ireland



"More and more UAE consumers are coming to be aware of the provenance of their food. Northern Ireland has a pure natural environment which gives rise to some of the best food ingredients in the world."

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@Jacky_investNI

Wissam W. Saadi

Regional Manager - Saudi Arabia, Invest Northern Ireland



"Any Saudi retailers seeking to source quality food products from Northern Ireland should make contact with me directly. I've no doubt Saudi consumers would be very interested in what the country has to offer".

P: +9665 5819 3834
E: wissam.saadi@investni.com
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Want to know more?
Our Food & Drink Business Development team can offer personal guidance on thousands of products from over 300 suppliers in Northern Ireland and can assist with introductions, sampling, menu development and much more.
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See buynifood.com for more details.



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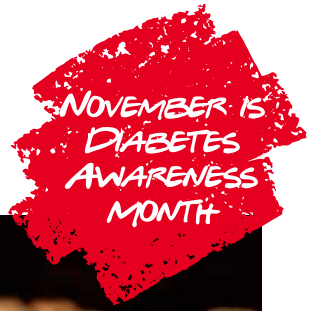
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Diabetes: *are you at risk?*

With cases of diabetes at a record high not only in the Middle East, but around the world – nutritional therapist Kerry Torrens takes a look at the condition, so you can spot the signs and reduce your risk







Over the past decade, an increasing number of my clients, when discussing their medical history, have told me that they have diabetes. As a nutritional therapist, I can't diagnose or treat diabetes – however, if someone is under the care of a registered dietitian or specialist nurse practitioner, they may come to me for advice about a digestive complaint, or for motivational support if they're trying to lose weight.

Talking to the right health professional to manage diabetes, which includes making changes to your diet, is essential so that blood glucose levels are stabilised. If the condition is not identified and managed properly, it can lead to serious problems, including stroke and blindness. There are steps you can take to reduce your likelihood of getting type 2 diabetes, and managing your diet is certainly one of them.

Understanding the condition

This lifelong condition occurs when your body can't produce enough of the hormone insulin, or the insulin it does produce is not used properly. Insulin is needed for cells to take in glucose from the blood and convert it into energy.

When blood glucose levels rise consistently (known as high blood sugar levels), we may feel tired and lose weight unintentionally. This is because we can't access the glucose for energy, as the insulin is unable to deliver the glucose to our cells. High levels of glucose in the blood for long periods of time can damage blood vessels and nerves, which may lead to kidney disease, heart attack and even limb amputation.

So... is sugar the problem?

In the past few months, the debate about sugar has hit the headlines. Experts have warned about 'sugar addiction' and called for reductions in the amount of sugar added to processed foods. So is this why we're seeing a rise in cases of type 2 diabetes?

It's not as simple as that, but excess sugar in your diet is stored as fat, and being overweight may, over time, reduce your sensitivity to insulin and increase the risk of developing type 2 diabetes. This also makes you more at risk of heart disease. (Type 1 diabetes, on the other hand, is triggered when the body's immune system attacks the cells that produce insulin, and is thought to have no connection to the sugar you've eaten – although you still must manage your insulin and blood sugar levels.)

Blood sugar refers to the amount of glucose in the blood – as well as getting glucose from the foods we eat, it's also formed and stored inside the body. There are many factors influencing blood sugar – what you eat, stress, amount of exercise, medications, etc. That's why it's too simplistic to blame sugar in food for type 2 diabetes.

High levels of blood sugar can be harmful even if you don't have diabetes. Not only does it cause a rise in insulin and the stress hormone cortisol, it promotes oxidative stress and inflammation. These processes occur in the body anyway, but when repeatedly stimulated they can, over time, cause damage – for example, hardening of the arteries, which can cause circulatory and cardiovascular problems.

So, although diabetics don't need to avoid sugar altogether, they – like the rest of us – should stick to a low-sugar diet. This means managing your intake of carbohydrate foods – following a low-GI (Glycaemic Index) diet can help because it lets you maintain control of foods that are broken down into sugar by the body. This is of course a huge challenge, as so many foods contain high levels of sugar.

The less processed food you eat and the more you cook from scratch, the easier it is to control your diet. Not only will you keep your dentist happy, but you'll be reducing your risk of obesity, high blood pressure, some cancers, fatty liver disease, chronic fatigue, food cravings, depression and even mood swings. So what's to lose? Well, potentially, any extra pounds that have stubbornly refused to shift.

Photographs SHUTTERSTOCK

Eating healthy

Struggling to maintain a healthy diet? Co-founders of Under500, Fadi Ghaly and Mahmoud Bartawi, share their top tips for staying on track.

A well-balanced and nutritious diet is a key component to your fitness regime and is equally as important as exercise. From being an exercise novice to a seasoned gym-goer, everyone has become more conscious as to what goes into their food. Follow these tips to start your journey to healthy:





EAT THE RIGHT AMOUNT OF CALORIES FOR HOW ACTIVE YOU ARE

The first step to a healthy diet is being observant of what you eat. Most people assume that calories are bad for you, but they provide your body with energy. It is only when your calorie intake exceeds the amount of calories you burn, you gain weight. We need to make sure that when we consume calories, the fat, protein, and carbohydrates that we choose to eat are as micronutrient dense as possible.

A healthy option would be to replace processed carbohydrates that increase blood sugar and insulin, and shift to unrefined and unprocessed whole grains such as brown rice, whole wheat, quinoa and oats. Eating potatoes with their skins on not only gives you more fibre but leaves you feeling fuller for longer.

EAT LOTS OF FRUITS AND VEGGIES

We must make sure the majority of our diet consists of a variety of fruit and vegetable options. This is easier to do than you think, from having vegetables raw and as a snack to preparing fruit and vegetable juices or smoothies; also remember to incorporate as many vegetables as you can into your meals.

CUT DOWN ON SATURATED FATS AND SUGAR

Although we must pay attention to the fats we consume, fats are a necessary component to our diet. It is important to have foods with unsaturated fats, such as fish, raw nuts and fruits like avocado, as saturated fats can increase cholesterol in our blood and heighten the risk of heart disease.

We need to be avoiding fatty foods such as hard cheese, cakes, cream and butter and instead opt for raw nuts, fish and avocado.

GET ACTIVE

Just dieting alone will not help you achieve drastic goals and it is very important to accompany healthy eating with healthy living. This includes getting out, being more active, and pushing yourself harder.

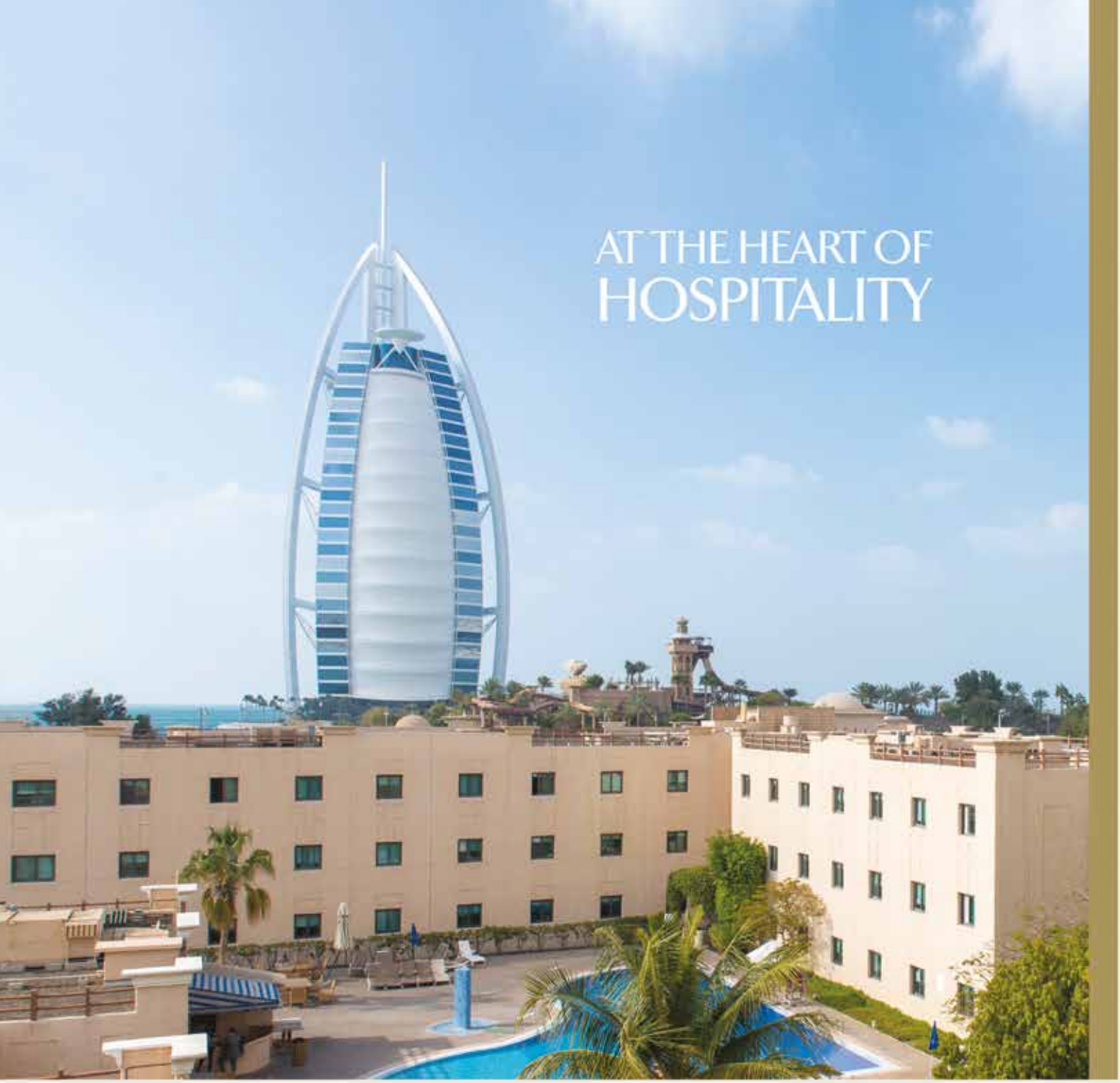


EAT REGULARLY AND IN MODERATE PORTIONS

Keeping your portion sizes reasonable will help you enjoy a variety of different meals while having a balanced diet. Portion control and calorie counting can help you consume meals more frequently, and helps diminish overeating.



Compiled by SOPHIE MCCARRICK | Photographs from SHUTTERSTOCK



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A TASTE OF BRITAIN

During a trip to The Club in Abu Dhabi last month, British celebrity chef Brian Turner caught up with us to reveal how he ended up going down the 'TV chef' route, and why an appearance on 'This Morning with Richard and Judy' kick-started his on-screen career.

By Sophie McCarrick

Known widely across the UK for his role as a chef on BBC2's popular culinary show, Ready Steady Cook, chef Brian Turner is a seasoned celebrity chef, backed by a career full of TV appearances, presenting popular cookery programmes including the Saturday Kitchen.

Having trained at the likes of The Savoy Grill, Claridge's, and the Greenhouse, chef Brian went on to earn a Michelin star with Richard Shepherd in 1971 at The Capital Restaurant. Following an abundance of achievements, Brian

Text by SOPHIE MCCARRICK | Photographs by LOFTI HAMROUNI







"I think that, like everywhere else in the world, the culinary scene in the Middle East is growing not only in quantity but also quality."

was awarded a CBE for his services to the catering industry in 2002.

With so many accomplishments under his belt, we spoke to him about how it all became:

Where did your passion for food begin?

It started when I was a child and my father returned from WW2, he was in the Army Catering Corps, and opened up his own transport café. I used to go along with him to the café on weekends and during school holidays and help out. It's always been in my blood.

What took you down the 'TV chef' route?

It just happened! Antony (Worrall Thompson) and I were approached by Peter Bazalgette, who was then working for the BBC. He asked us if we'd like to be on TV and thus it escalated from there. We were on This Morning with Richard and Judy, from there we went on to be the first two chefs on Ready Steady Cook and the rest is history.

What's your take on the Middle East's culinary scene?

I think that, like everywhere else in the world, the culinary scene in the Middle East is growing not only in quantity but also quality. Long may it continue.

Are there any dining spots you're particularly fond of in Dubai and Abu Dhabi?

Gary Rhodes at Grosvenor House in Dubai and The Club in Abu Dhabi are two places that I go to frequently when I'm in the region. However, for me the great thing is whenever I come back there are so many new restaurants to try. It's an impossible task to try them all!

You've worked with quite a plethora of impressive chefs during your career. Which experiences stand out to you the most?

I have worked with lots of impressive chefs and many of these experiences







stick out, particularly Michel Roux at the Royal Automobile Club in London cooking alongside a number of students. Secondly, the memory of Emil Jung at Au Crocodile in Strasbourg. He walked into the kitchen and had a taste of a sauce that was being cooked. He gave me a look, and then started throwing out ingredients to be brought to him. Bring a little of this, bring a little of that. He turned that sauce from something we all thought was great into something utterly amazing.

What's the most interesting trend you've seen introduced in the culinary industry recently?
The industry has improved tremendously in lots of areas over at least the last 20 years. I think the desire to eat good street food is great, especially as someone who loves to eat with their fingers!

What five ingredients will always be found in your kitchen at home?
Butter, cream, parsley, very good sausages, and champagne.

As an experienced chef, where do you find your inspiration these days? Are you still growing in the kitchen?
I am very fortunate to be able to travel the world meeting exciting chefs and passionate gastronomes. Talking and tasting help us all to grow in the kitchen.

As a TV chef yourself, who's your personal favourite TV chef to watch?
My great friend Rick Stein is fabulous to watch, and- in the nicest possible way - I always laugh when I watch Michel Roux.

When can we expect to see you here again? Do you have any other exciting culinary ventures upcoming in the Middle East?
I love coming to this part of the world and I now have many friends in the region. It is always a great way to switch off when I come to visit, so hopefully it won't be too long until my next trip over here!



'Tis the season!

Imagine this: Setting the table in advance, finally putting to use your nice glassware, dishware and cutlery. You are relaxed, with plenty of time to get ready, and you've even prepared a music list! Next, a private chef from ChefXChange arrives and begins cooking up a delicious, customised menu just for you and your guests to enjoy. Now, that's a night to remember!

EXCLUSIVE OFFER FOR BBC GOOD FOOD ME READERS!

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The holiday season is around the corner, and although it might be logistically difficult to fly all the way home to spend Thanksgiving or Christmas with family, there's still a great way to make it special. Friends are also family and having a gathering with them around the holidays will help you to feel closer to home and less homesick – not forgetting the fun memories that will be made.

With that in mind, we all love the holiday season; but our wallets do not! From holiday shopping to an eventful social schedule, things start to add up – and although you may think of a private dinner as very expensive, it's most definitely not. With ChefXChange, you can enjoy an exquisite meal of your choice, bring your own grape, and relax in the venue of your choice; all at a price point cheaper than eating at a restaurant.

So what's the catch?

There is no catch, it's easy – just book a private chef with ChefXChange, the online platform where anyone can book a chef in just a few clicks. If you are looking to host or entertain in the comfort of your home or in a venue of your choice, ChefXChange provides a superbly curated service – a hassle-free, exclusive dining experience, complete with personal interaction with the chef at restaurant-competitive prices.

Forget about the inconvenience of a restaurant reservation, getting a good table, getting there on time and making sure that everyone else does as well. Instead, dine in with style; set your own music, theme, decoration and mood for a night to remember, where you and your guests will be left happy, full and merry.

The most common misconception about hiring a private chef is that it is expensive and inaccessible on a budget. ChefXChange collected data from our chefs and averaged prices from restaurants in Dubai and here are the results:



**Prices for dining in for 6 people were collected from private chefs at ChefXChange*
***Prices for dining out for 6 people are an average of prices collected from different restaurants in Dubai*

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21 SKILLS YOU NEED TO KNOW NOW

Faster, healthier or just plain better – these new techniques and recipes will raise your kitchen game whether you're cooking brunch, seeking free-from inspiration or whizzing up dips and cocktails

Words EVE O'SULLIVAN and ROSIE REYNOLDS



1 Quick fridge pickles

Ready to eat in a couple of hours, and great for digestive health, these couldn't be simpler. You'll probably already have most of the ingredients you need: salt, sugar, cider vinegar and a couple of aromatics, such as mustard seeds, Sichuan peppercorns and bay leaves. Mix five parts vinegar to one part sugar, plus a pinch of salt, and heat in a saucepan with the aromatics until the sugar has dissolved. Once cool, pour the pickling liquid over your chosen veg in a sterilised jar, seal and chill – we love using cauliflower florets and carrot batons. They will keep for a week in the fridge.

2 Deep-fried avocado

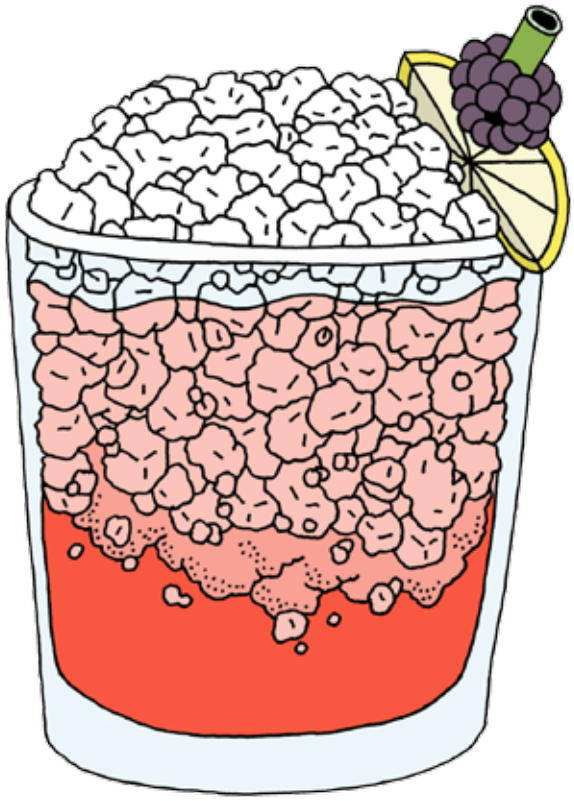
Great with a beer, and even better as a veggie substitute for fish tacos, this is a brilliant way to use avocados that refuse to ripen. Mix **150g flour** with **½ tsp baking powder**, **½ tsp ground turmeric**, a **pinch of cayenne** and some seasoning, then whisk in **230ml lager**. Slice **2 avocados** into 8 (16 slices in total). Season well, dip them in the batter, then deep-fry at 180C for around 3 mins until golden.

3 Best lunchbox grains

You need something with texture that absorbs flavour without going soggy, so look for grains with their husks on. We love siyez, amaranth, millet, emmer and spelt (try Holland & Barrett). Cook a batch and store in the fridge to use through the week.

4 On-trend dip

In a food processor, whizz **200g feta** with **200g thick Greek yogurt** and **4 tbsp olive oil** until smooth, then chill. Add herbs, toasted chopped nuts or dried fruit. Serve with veg sticks or flatbread.



5 The new Negroni

is the sbagliato (which means 'gone wrong'). Use sparkling rosé in place of gin. Add 25ml Campari to 100ml sparkling rosé, 1 tbsp vermouth, loads of crushed ice and a slice of orange. For extra flavour, rub the rim of your glass with a strip of orange peel, squeezing to release the oils.

6 Vibrant vegan pestos





A good pesto is all about great colour, taste and texture. The healthier option leaves out the Parmesan, so to achieve the umami hit, add 1 tbsp nutritional yeast (available at *ocado.com*) for a salty, savoury kick. A garlic clove and some good olive oil adds extra flavour. These combinations are our favourites:

- **Large handful kale and small handful pumpkin seeds**
- **2 roasted yellow peppers, 1 tsp turmeric and handful toasted macadamia nuts**
- **Small handfuls parsley, mint and toasted pistachios**



7 Easy kimchi

Make a batch of this fermented Korean staple to eat with rice, noodles or in a cheese toastie. Put **1 roughly chopped Chinese cabbage** and **2 tbsp salt** in a metal bowl and cover with cold water. Weigh down with a plate so all the leaves are submerged, then leave for 2 hrs. Mix **2 tbsp gochugaru** (Korean red pepper powder) with a **5cm piece ginger,** shredded, **6 finely chopped garlic cloves** and a tiny drizzle of water to form a paste. Drain the cabbage, squeeze out the excess water and mix with a **bunch spring onions** and **½ thinly sliced daikon**, making sure the veg is properly coated in the paste. Pack tightly into a sterilised jar and leave in a cool, dark place for at least 5 days. Once opened, keep in the fridge and use within a month.

8 The secret to fluffy pancakes

Separate the eggs in your recipe, beat the whites to stiff peaks, then fold into the mix with the yolks.

9 Perfect polenta

Polenta is comfort food, and a good alternative to mash, so make sure it's rich and creamy. Add milk – roughly 200ml to every 600ml water. Be generous with the salt (at least 2 tsp per 150g polenta), and the butter too – no skimping!



10 Super-smooth houmous

Tip the chickpeas into a big bowl, cover with cold water, then lift them out of the water and rub them between your palms to remove the skins. Lower your hands into the water – the skins should float to the surface and the chickpeas sink. Discard the skins and make your houmous as normal.



11 Crisp cauliflower pizza base

Make pizza everyone can enjoy with this gluten-free version. The key to success is to ensure your cooked cauliflower is really dry: put the cauliflower in a clean tea towel and squeeze out all the excess water. Find the recipe on *bbcgoodfoodme.com*.



12 Balance your grain bowls

Whether you call them grain, nourish or Buddha bowls, the idea is that half of it is filled with veg, one-quarter is made up of grains and one-quarter protein, such as chickpeas, roast chicken or feta. Make sure your dressing is zingy – lime, harissa & honey works well – and that there's plenty of texture. Reserve a few chickpeas to roast in spices for the topping, or fry some seeds in a little soy sauce for a savoury hit.

13 Homemade ricotta

For silky curds and a fresher taste than shop-bought, heat **1.5 litres milk** in a large saucepan until just before boiling point, then add **2 tbsp vinegar** and **½ tsp salt**. Remove from the heat and allow to stand for 15 minutes. The milk will curdle, and the curds and whey will begin to separate. Place a thin J-cloth or piece of muslin in a sieve set over a large bowl. Pour the milk mixture into the sieve, allowing the liquid to drain, leaving behind the ricotta. Drain for 20-30 minutes for soft ricotta, but longer if you like a firm consistency. Try it in our Ricotta strawberry French toast – visit *bbcgoodfoodme.com* for the recipe.

14 Brilliant baked eggs

Give them a minute or two longer than you think – around 8 mins over a medium heat or in the oven at 180C, and always cover your egg with a lid or foil to ensure the whites cook through.







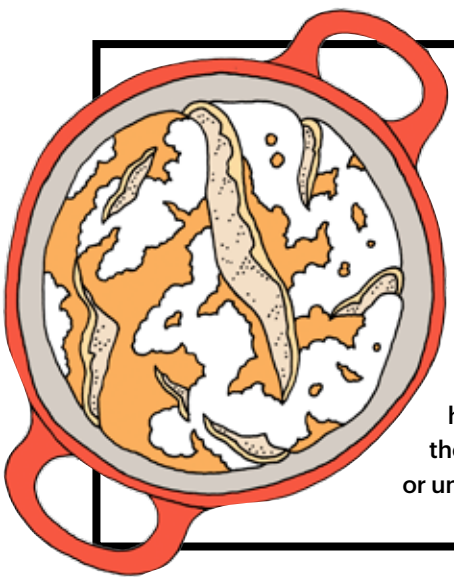
15 Buttermilk fried chicken

Tangy buttermilk and aromatics tenderise and flavour the meat, raising this Friday night treat to new heights. Marinate chicken legs and thighs in buttermilk, garlic, chilli, lemon zest, salt and thyme. Leave as long as possible (ideally overnight). Brush off excess marinade and dredge liberally in seasoned flour. Pour oil into a large, deep frying pan so it comes halfway up the sides. Once hot, carefully lower the chicken into the oil and fry for 15 minutes, turning every few minutes. Drain on kitchen paper, season and eat straight away.



16 Just-right courgetti

Don't pre-cook courgetti as you would spaghetti – drop the courgetti directly into your hot pasta sauce and toss together until it has just softened, but retains a little bite.



17 Crusty sourdough in a casserole

Why do we like this method? The heat of the casserole crisps the base of the loaf, and the steam helps to develop that wonderful chewy-crunch combination that the best artisan loaves have. Heat a large cast-iron casserole dish in a really hot oven. Tip your prepared and risen dough into the hot dish, cover with a lid and bake for 30 minutes, then remove the lid and cook for a further 15 minutes or until your bread is browned.

18 Egg-free mayo

Don't throw away your aquafaba (chickpea water) when you drain the can. Put **3 tbsp chickpea water**, **1 heaped tsp Dijon mustard**, **½ garlic clove**, a **generous squeeze of lemon juice** and **150ml light flavoured oil**, such as grapeseed, into a high-sided jar or bowl. Use a stick blender to blend to an emulsion – this will make around 300ml. Chill until required.

19 Great gluten-free flour cake mix

For a good texture, you need a balance of starchy flours (such as potato or white rice) to hold things together, and wholegrain flours for the protein element that gives structure to a wheat flour bake – we like buckwheat, quinoa and millet. Generally a good rule of thumb is 60% starch to 40% grain.

20 Make a versatile vegan cream

For a dairy-free substitute for whipped cream, put stabiliser-free coconut milk (check the label) in the fridge for at least eight hours – once the cream has become solid, scoop off the thick top layer and beat with an electric whisk for a few minutes until you have lovely soft peaks. Add a bit of icing sugar to sweeten it, if you like.

21 Crispy tempura

The trick is ice-cold sparkling water, a pinch of bicarb and whisked egg whites folded into the batter. Always make sure your oil is hot before frying. For perfect tempura, dust your vegetables with '00' flour so the crisp batter doesn't slide off when cooked. Make sure the oil is kept at the right temperature to prevent soggy batter.

Illustrations ANDREW JOYCE | Portrait DANNI SANCHEZ


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Traditional tastes

Celebrating the new Mediterranean inspired décor and re-launched, Italian home-style menu at Nineteen, The Address Montgomerie Dubai Golf Resort + Spa, our latest Food Club event saw members visit the restaurant last month for an exclusive dining experience. Showcasing the finest Italian flavours, chef Alessio Pitzalis put on a three-course show, demonstrating each dish live to the audience, before serving to everyone!















WHAT WAS ON THE MENU?

Aperitivo
Pecorino croquette with balsamic onion | Veal tartare with mint and tomato | Mussels Trapanesi with Mediterranean dressing | Cherry tomato with goat cheese and oregano | Deep fried olives ascolana

Starter
Scallops sautéed with herbs, asparagus and light red pepper cream | Beef carpaccio with rucola salad parmesan and carasau bread | Prawns with sautéed lemon dressing and fresh kale

Main
Grilled sea bass on salt, smoked with fresh thyme and served with a mixed vegetable scapece and tropea onion cream.

Dessert
Tiramisu

Text by SOPHIE MCCARRICK | Photographs by MAKSYM PORIECHKIN





WHAT'S ON AT NINETEEN?

Gourmet Friday Brunch

The Italian inspired Friday buffet brunch has a mix of different flavours to let you experience the full culinary creativity of the chefs, including a selection of starters, seafood, meats and desserts.

Timing: *12.30-3.30PM, every Friday*
Price: *Dhs245 with soft drinks | Dhs345 with house beverages | Dhs550 with premium bubbly | Children between 6-12 receive 50% discount.*

Saturday roast

Savour an array of succulent meats, accompanied by crisp roast potatoes and fresh seasonal vegetables with friends and family.

Timing: *12.30-3.30PM, every Saturday*
Price: *Dhs235 with soft drinks | Dhs325 with house beverages | Dhs550 with bubbly | Children between 6-12 receive 50% discount.*

A la carte dinner

Opening hours: *7-11PM, everyday expect Sunday*





Contact Nineteen
Location: The Address Montgomerie Dubai Golf Resort + Spa
Call: 04-3905600
E-mail: dine@theaddress.com

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Fabulous *festive gifts!*

With festive season just around the corner, what better way to spoil your loved ones than with gourmet treats. Take a look at our top gifting picks from Marks & Spencer!



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Who doesn't love a good cuppa tea? A perfect gift for snuggling up on the sofa with. **Priced at Dhs27**



MILK CHOCOLATE PIÑATA

This milk chocolate piñata is perfect for surprising the little ones with (or even the adults!). Available from December 1. **Priced at Dhs72**



SNOWFLAKE RED CAKE

Not only is this cake mourishly good, it makes for a fantastic addition to the season's décor! **Priced at Dhs125**



RECORD YOUR OWN MESSAGE TIN

This beautiful festive tin playfully allows you to record a personal message, making it extra special for the recipient! Available from November 17. **Priced at Dhs126**



PYRAMID GARLAND TREE ADVENT CALENDAR

The countdown begins on December 1 – do you have your advent calendar ready? **Priced at Dhs90**



STAG SCOTTISH SHORTBREAD ASSORTMENT

An old time favourite, this beautiful tin is full of delicious assorted shortbread. **Priced at Dhs81**

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Compiled by SOPHIE MCCARRICK | Photographs supplied by MARKS & SPENCER

Abu Dhabi *diaries*

With everything from Taste of Abu Dhabi and the F1, to Lionel Richie and Rihanna happening in the capital this month, here are our tips on where to stay, eat, drink and eat some more!

By Sophie McCarrick



The Park Bar & Grill



Tried & rested

STAY

Where:

PARK HYATT ABU DHABI HOTEL AND VILLAS

What's it like:

In a nutshell? This resort is where to go for a perfect weekend escape (or week-long, if you have the time). Here you're transported away from the hustle and bustle of city life – I almost felt like I'd flown to European shores and landed myself an idyllic spot on a peacefully remote Portuguese beach. It's a blissful resort for both families and couples, catering to the needs of all.

With 306 luxurious rooms, suites and villas (villas all equipped with private open-air plunge pools) on its grounds, this property is a big one – laid out in a way that allows for tranquility no matter where you choose to spend your time during the stay.

From check-in to departure, the team at Park Hyatt Abu Dhabi Hotel and Villas ensures that you're fully catered to. Expect friendly staff who will go out of their way to help you.

When it comes to relaxation, you'll find yourself faced with a tough decision when choosing where to lounge for the day. From the long stretch of natural white sand and blue waters (one of the best beaches I've seen in this region – so serene and beautiful), to a selection of spots around the pool or perfectly manicured gardens, you'll not be without a place to put your feet up and chill.

The resort has six different food and beverage outlets, all serving up a variety of international cuisines and carefully crafted drinks. Here's what's on offer:

The Beach House & Rooftop: Starting with my favourite outlet of the property, this beauty on the beach is simply gorgeous. It's relaxing, romantic and serves up deliciously fresh Mediterranean cuisine. The menu features a fantastic range of fish and seafood options predominantly, but there's also meat and vegetarian dishes. What I really liked on the menu was this restaurant's recognition and support of the 'Choose Wisely' initiative, which ensures that fish is caught locally when possible and fish levels are sustainability are managed. In terms of dishes to enjoy, my top picks include the oven roasted prawns in a garlic, chili and white wine sauce – perfect for dipping your bread in afterwards (scrumptious!), plus the shellfish casserole for main, which comes with vongole, mussels, razor clams, white wine, olive oil, garlic, parsley and crispy sourdough toasts.

Once you're finished with dinner – or before dinner for sundowners, take a trip upstairs to The Beach House Rooftop, which overlooks the ocean. Drink in hand, with soft tunes playing subtly in the background, married with sounds of the waves crashing below, this rooftop is a special spot to relax with your loved one and wind down.

The Park Bar & Grill: This restaurant is elegant and edges more towards fine-dining. You can eat inside or outdoors close to the pool. As expected, the menu boasts a generous range of 'from the grill' favourites, ranging from lamb chops, tenderloin, ribeye, and striploin, to half rock lobster, Norwegian king crab legs and South West Asian king prawns – all of which come served to your preference. And, if you don't fancy anything from the charcoal grill, there's a selection of lovely dishes including pastas, risottos and burgers.

After dinner, head upstairs to the Park Bar, where mixologists are on hand to

Text SOPHIE MCCARRICK | Photographs SUPPLIED


The Beach House



stir-up a perfectly blended, post-dinner cocktail.

The Café: Availale for anything you need from breakfast through to dinner, The Café is Park Hyatt Abu Dhabi Hotel and Villas all-day dining restaurant. It serves authentic Middle Eastern specialities along with international dishes.

The Library: A contemporary tea lounge located just by the lobby, The Library is ideal for visiting during the day for tea and coffee specials, paired with home-made chocolates and pastries. It's quite an intimate, quiet lounge, which is again perfect for relaxing and catching your breath.

In terms of keeping busy after a lovely laze around one of the pools and filling up and one of the restaurants, the Atarmia Spa on-site makes for a tranquil experience. It features nine large spa treatment rooms (three with private outdoor terraces) an outdoor lap pool, a fitness room and a dedicated stretching studio. Plus, there's a championship 18-hole golf course at the Saadiyat Beach Golf Club designed by Gary Player just steps away. For the children, there's 'Camp Hyatt' offering indoor and outdoor activities all throughout the day, so you'll be able to relax while they're kept entertained.

Current promotions:

Stay cool: Cool down in the heat with hotel's latest sorbet menu. Available all day long around the stunning pool, you can relax, cool off and appreciate the light, fruity flavours like blackberry elderflower, tropical fruits, Campari orange, very berry and pomegranate cherry to choose from, all priced at only Dhs30 each.

Weekend eats: Start your weekend as you mean to go on at The Beach House. Reinventing eggs benedict, the menu introduces several takes on this breakfast classic from steak and egg benedict and florentine benedict to berries benedict and a mouthwatering Beach House special benedict, with king crab, avocado and caviar. Available every Friday and Saturday from 9-11am.

Family fun: From 12.30-4pm every Friday, join the family-friendly brunch, where you can feast on local and international cuisine at The Café, while the little ones are kept busy with dedicated kids' entertainment and games by the Camp Hyatt kids club team. Packages start from Dhs310.

Book your stay: For more information on the hotel, visit www.abudhabi.park.hyatt.com, or call 02-4071234.

VISIT



TASTE OF ABU DHABI – NOVEMBER 10-12

Taste of Abu Dhabi returns with a fantastic chef line-up. With chefs like the popular British Chef and restauranteur Ed Baines (pictured) cooking live, alongside Jenny Morris, Josh Stanzl, Sanjeev Kapoor, Mohammad Orfali, Deema Hajhawi and Tarek Ibrahim – there's plenty to keep you entertained. Taste of Abu Dhabi takes place at Zayed Sports City from 4-11pm on Thursday, 12-11pm on Friday and 12-10pm on Saturday. Tickets available from tasteabudhabi.com for Dhs65.



FORMULA 1 ETIHAD AIRWAYS ABU DHABI GRAND PRIX – NOVEMBER 25, 26 AND 27

It will be the eighth year in a row that Yas Marina Circuit and Abu Dhabi hosts this event with the Abu Dhabi Grand Prix seeing the last race of the season on November 27, 2016. Previous winners of the F1 include Nico Rosberg (2015), Lewis Hamilton (2014), Sebastian Vettel (2013) and Kimi Raikkonen (2012).

Don't miss



THE CHEMICAL BROTHERS
FRIDAY, NOVEMBER 25



LIONEL RICHIE:
SATURDAY, NOVEMBER 26



RIHANNA:
SUNDAY, NOVEMBER 27



Tried & tasted



EAT

Where:
ROBERTO'S ABU DHABI, ROSEWOOD HOTEL, THE GALLERIA MALL

What's it like:
Sister to its Dubai-based branch, Roberto's recently opened doors in the capital – and doesn't disappoint. Although only open for a few months, the dining experience here is already refined. It's an elegant and classy, white tablecloth type of restaurant – without the stiffness. The ambiance is relaxed yet offers a fantastic buzz fueled by tunes from the DJ, and various open kitchens.

There's Italian charm here – and it helps that many of the front of house team are native to Italy. They're all on the ball and operate like a well-oiled machine, providing attentive, but not in-your-face service.

The menu explores options including insalate, zuppe, pizza, antipasti, crudo (from the live Crudo Bar within the restaurant), paste, risotto, pesci, carni and finally, dolci and formaggi (don't miss chef's modern take on tiramisu) – so make sure you go hungry!

Dishes of the evening for me included the tuna tartare with sour cream and avocado – all quite subtle flavours, but the dish was brought to life with zesty tastes. It was light, utterly delicious, and didn't leave you feeling full before main arrived. For mains, the wagyu beef tenderloin with truffle, mashed potatoes and asparagus, plus the grilled Canadian lamb tenderloin with polenta, black truffle, porcini mushrooms and asparagus, were both presented beautifully and cooked to perfection.

Other dishes on the menu to look out for include the trilogy of Parmigiana from 'yesterday, today and tomorrow', the slow-cooked roasted octopus that marries modern techniques with Ancient Roman ingredients like artichoke and cacio e pepe sauce, made of Pecorino cheese, milk and black pepper. The list continues, but if you're looking for a fish main, I'd recommend the Mediterranean sea bass in salsa di olive.

Overall, this is a fantastic spot to spend an evening, from pre- or post-dinner drinks out on the waterside terrace, a beautiful tasting meal (with great portion size – I loved that I didn't feel uncomfortable after dinner), to a visit to the Roberto's Lounge, where you'll find seasoned mixologists and a DJ on the decks – it's an all-rounder for the perfect evening out.

If you want to go: Around Dhs350 for 3-courses, not including beverages. Call 02-6279009.



YAS VICEROY, ABU DHABI

Overlooking the Yas Marina Formula 1 Circuit and a yacht-filled marina, those looking for an adventure will feel at home here. With a trackside position, enjoy front-row racing at Origins whilst feasting on everything from fresh seafood and barbeque to sushi. Or, if you fancy something a little fancier, returning for a second year, the famed chef Antonio Mellino and his team will be jetting in to take-over the kitchen at Amici, bringing the fresh flavours of Southern Italy from his 2-Michelin starred restaurant Quattro Passi. Options including Indian, Arabic and Japanese are also available at this hotel. *Call 02-6560000.*



HAKKASAN ABU DHABI, EMIRATES PALACE

The terrace has once again opened at Hakkasan Abu Dhabi for the winter season. Made up of a series of wooden cages surrounded by the lush green gardens of the famous Emirates Palace, the terrace offers a menu including signature Hakkasan dishes like peking duck with caviar and grilled wagyu beef with king soy sauce. *02-6907739.*







JAPANESE 101

As Japanese food takes the world by storm, Nicolas Herbault, executive chef, Crowne Plaza Dubai explains why the cuisine is much more than just sushi...



In your opinion what are the most exciting up and coming trends with Japanese cuisine?

In my view, the trend is going back to basics. After several years of fusion and experimenting, people value a real and authentic meal again. Japanese cuisine is rich in dishes and flavours and doesn't need any enhancements or mixes with other cuisines. I absolutely stand for sticking to the roots of traditional cooking and appreciating recipes and techniques that were passed on from generation to generation.

What's your personal signature dish?

My personal signature dish is grilled Yakitori salmon. You will find it on our Sakura menu soon at Crowne Plaza Dubai.

Why do you think Japanese food has become such a universally popular cuisine?

Japanese cuisine is simple and delicious, using only fresh ingredients. It is healthy and rich in vitamins and minerals which supports overall well-being and anti-aging. People are getting more aware of the harm caused by convenience food with its artificial flavours and increased amounts of sugar. By consuming readymade meals, it is difficult to keep control over your diet which results in health problems and overweight. Social media made information about these risks accessible for everyone so there is a wake-up call going through the population right now. People want to know again what they are eating and shift away from convenience food towards organic, fresh and healthy products. All those attributes count extremely well for the Japanese cuisine. It is for a reason that Japanese people rank among the healthiest in the world and many Westerners take them as a role model in terms of healthy living.

If you could only have four ingredients in your cupboard, what would they be?

Japanese Soy sauce, ponzu (citrus juice), panko (bread crumbs) and sake.

This is the perfect combination for seasoning and frying. Sake is a must for every Japanese meal.

Which chef do you admire?

I absolutely admire Chef Nobu Matsuhisa. Through great dedication and hard work he turned his small restaurant in Los Angeles into a high end and worldwide restaurant chain. He is mastering the art of combining traditional Japanese cuisine with Peruvian cuisine and creates new, incredible dishes.

What do home cooks tend to get wrong when making sushi?

Possible challenges are to balance the quantities of rice and vegetables/fish for the filling. The rice needs to get the right quantity of seasoning. If you use too little or too much of seasoning you will change the taste and texture.

In your opinion what do many home cooks get wrong when making Japanese cuisine?

Don't add any extra seasoning like salt. Ingredients like soy sauce or Teppanyaki sauce contain salt already. Don't reduce the sauces while cooking since the glaze will be very strong and cover the actual taste of the food.

Use sauces like Soy Sauce and Teppanyaki sauces moderately since they have a strong and salty taste. When eating sushi, you only dip the fish in the soy sauce, not the rice. Ginger is a condiment on the side and not to be placed in the soy sauce.

What's your favourite Japanese food to make, and what tips can you give to home cooks wanting to recreate it at home?

My favorite food is Shabu Shabu, where thin slices of meat or seafood are cooked in hot seaweed broth.

My tip is to allocate enough time for preparing the broth. The longer you leave it to cook, the more time the ingredients will have to unfold their flavour which results in a better taste.

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Marina O'Loughlin eats

Sicily

This month our columnist explores the Etna region of the Italian island, and is enchanted by the dramatic landscapes, frisky rosato wines and abundance of gorgeous produce, from pistachios to lemons and acorn-fed pigs

It's impossible to escape Mount Etna's majestic, lowering presence on Sicily, the volcano's smoke-puffing peak looming into view around every corner. The ancient little towns that cling to its slopes look slightly charred, the low-slung buildings coated with a light lacquering of sooty dust. The churches are made from volcanic stone, dark and brooding.

But the fire-breathing mountain makes its presence felt in other, less melodramatic ways. The volcanic soil is almost miraculous – everything seems to grow bigger, sweeter, more packed with flavour than anywhere else. The grounds of our temporary home, the ravishing **Rocca delle Tre Contrade** (*trecontrade.com*), sprout groves of fat lemons, vegetable and herb patches, and fruit trees as far as the eye can see. G&Ts feature lemons plucked moments ago.

The villa's produce turns up at the table too: forest fruits for breakfast, freshly podded peas and garlands of herbs at dinner. This meticulously restored piece of Sicilian history is usually booked by larger groups, but we're lucky enough to have it – and its breathtaking infinity pool – to ourselves. Our hosts, Jon Moslet and Marco Scire, are thoroughly immersed in the region's culinary traditions: they're installing a cookery school in the building's lower floors, due to play host to a number of big-name chefs. And they're determined to show us the best butchers, and where to buy the finest fish: at their suggestion we make a pilgrimage to nearby Riposto to watch the fishermen unload their catch of velvety red prawns, tuna, sardines, swordfish and local exotica I can't put a name to, straight onto the market's marble slabs. Or where to find the most delicious arancini stuffed with pistachios in the unassuming **Nuovo Caffè al Portico** (+39 347 554 0535) in Carruba.

They organise an outing to the Nebrodi Mountains, a national park.

The landscape starts to change dramatically – stark monochromes of rock and silver birch, glittering veins of petrified lava – as does the weather; it feels more like Scotland. The woodland is alive with wild ingredients, including fiddlehead ferns, wild garlic, berries, lampascioni (an edible wild hyacinth bulb) and cardoons. With Sicilian humour, there's something called cosce di vecchia – old lady's thighs – because the leaves are wrinkled and hairy.

Lunch for our band of hungry foragers is a bit special. In the rather functional-looking **Hotel Mazzurco** in Cesarò (+39 095 773 2129), just where the mountains proper begin, chef and son of the house Gianluca Barbagallo – who has one of the Three Little Pigs tattooed on his arm – serves up a feast: own-made salumi, including the beloved Sicilian gelatina, lemon-scented pork jelly studded with piggy bits. A whole acorn-fed Nebrodi baby pig, slow-roasted in a wood-burning oven, is exquisite: the skin lacquered into a caramel crisp, the meat succulent and fragrant with garlic and wild fennel. There's a salad of sweet ruby blood oranges, more fennel and wrinkly black olives to counteract the opulence, tangles of prized sparacogna (a bitter wild asparagus) and potatoes layered with olive oil and rosemary. The pork is every bit as glorious as its celebrated Iberian cousin.

For a brief foray away from the mountainside, we head for Taormina, long the chic destination for film stars and millionaires, thanks to its ravishing location and yearly film festival. You can imagine bumping into La Loren round one of its steep, cobbled corners. Instead we find **Tischi Toschi** (*tischitoschitrattoria.com*); recommended to me by Yotam Ottolenghi, a tiny little joint down a hidden alleyway. We sit outside, thrilling to the powerfully Sicilian flavours: wild fennel 'meatballs' – meat-free polpette – topped with fennel seed, tiny dark raisins and pine nuts. Handmade carob tagliatelle dressed with sardines and toasted breadcrumbs; 'slow food' sheep's cheese, maiorchino. A cocktail on the terrace of the super-swish **Belmond Grand Hotel Timeo** (*belmond.com*) with its gasp-making view is the perfect sundowner, but I'm pining to get back to Etna.

We drive through Bronte, otherwise undistinguished, but the source of those preternaturally delicious pistachios, which turn up in everything from cannoli to fabulously intricate pasticcerie, to plates of pasta dressed with a pesto of the nuts – just about my favourite pasta dish ever. **Caffetteria Luca** (*caffetterialuca.com*) is the Mecca for everything pistachio: we land on a public holiday and the atmosphere is of barely contained mayhem, ▶



Some of the dishes (above and below right) at Rocca delle Tre Contrade



Mount Etna from Belmond Grand Hotel Timeo



A balcony in Taormina




Rocca delle Tre Contrade


Pistachio cannoli


Grape picking at Barone di Villagrande


Tischi Toschi

musclebound dandies jostling with novice nuns for a taste of their delicacies: elaborate, glistening cakes, cassata, whipped mounds of authentically grey-green gelato.

Back at Rocca delle Tre Contrade, a special dinner delivers a virtuoso showcase of the region's bounties. Peas from the garden whizzed into a velvety soup crowned with crisply fried calamari; ricci – sea urchins – to be scooped out of their spiny shells, singing of ripe peach and the sea; a series of local fish served raw and translucent, dressed simply with oil, pepper and tiny slivers of tarocco (blood orange), including the famous red Sicilian prawns of almost candied sweetness; homemade spaghetti, fat and gorgeously al dente, into which the fragrant flesh of those ricci has been emulsified; a semifreddo of local pistachio. It's as good as any food I've ever eaten in Italy.

No exploration of Etna would be complete without mention of its extraordinary viniculture. Volcanic soil, obscure indigenous grape varieties, high altitudes and pre-phylloxera vineyards make it a place of pilgrimage for wine nerds – and me. The wineries range from little more than shacks to large, glossy outfits. At **Pietradolce** (*pietradolce.it*), we stand outside an old hut above the ancient vines, some planted in the shape of amphitheatres, tasting their rare Vigna Barbagalli, all jammy red berries and spice. Glugging back the wines where they're actually grown is something of a primeval pleasure.

At the other end of the scale is **Barone di Villagrande** (*villagrande.it*), the region's oldest winery. Run by the latest generation of the noble Nicolosi Asmundo family, it is stunningly beautiful. We're shown round the cool, fragrant, ageing cellars, the bustling wine production rooms, to end up in the restaurant, a shady, geranium-lined bower overlooking the vines. Each course is accompanied by one of their wines – a frisky, perfumed Etna Rosato the colour of a blush; the harmonious, fruity Etna Rosso. We eat hand-rolled trofie dressed with a pistachio cream and strips of cured Nebrodi ham; foraged wild vegetables stuffed into teeny pizzette Siciliani; a velvety purée of artichoke; and more of the pork, slow-cooked and scented with lavender.

Little almondy cakes are served with their opulent malvasia, a sweet 'passito' wine made from sundried grapes. We learn that the estate sends its homegrown beans to feed the donkey farm next door, and in return receives its manure to boost the growth of the vines – a lovely piece of co-dependence.

Our route home takes us via **Pasticceria Russo** (*dolcirusso.it*) in dusty little Santa Venerina, a confectioner and café that retains the elaborate Belle Époque fittings from when it was a pharmacy. It's a typically Italian collision of exuberance and austerity: the dour little salon contrasting with the bustling bar where locals shoot dark, fierce little coffees and sweet, lemony iced sponges, tortine paradiso (the inspiration for the Kinder cake of the same name). In the shop, the elderly owner pulls out glazed drawers to let us choose from a riot of fruit made from marzipan: prickly pears (bastardi) to perfectly formed chestnuts and figs. The beautiful vintage packaging, unchanged from the café's early days, is reason enough to visit. The little place leaves a powerful impression. Much as wonderful, wild Etna does.

How to do it

Marina stayed at Rocca delle Tre Contrade, which sleeps up to 24 people (smaller villas are available) – book exclusively through The Thinking Traveller. Specialising in an insider knowledge of the area, The Thinking Traveller can organise food trips and cooking classes. *thethinkingtraveller.com/thinksicily*

Photographs DAVID THOMAS, ØIVIND HAUG/TAVERNE, STOCKFOOD, 4CORNERSIMAGES, SHUTTERSTOCK

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test kitchen

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BAKERS' BLUFF

Arlette

Famous in France, these crisp, caramelised spiral biscuits are made from puff pastry that has been dredged in sugar, rolled out and baked – similar to a palmier but thinner and a different shape. They've become the baker's biscuit of choice, featuring in books by Paul Hollywood and New York baker Dominique Ansel, who will open a bakery in London soon.



HOT HACK

Buttered sweetcorn

Avoid mess when spreading butter over corn cobs with these three neat solutions:

1 Use a pastry brush to apply melted butter.

2 Melt butter in a wide pan that fits the corn. Use tongs to dip the corn and coat it in butter.

3 Heavily butter a slice of bread, then wrap it around the corn.

For five sweetcorn butters, turn to page 20.

Photographs ALAMY, STOCKFOOD

TAKE A COOKERY COURSE

Take a cooking class at Banyan Tree Al Wadi

Food lovers, if you're looking to learn new skills and discover different cuisines head to Banyan Tree Al Wadi and Banyan Tree Ras Al Khaimah Beach, where new cookery classes have been launched. Aimed at all abilities and ages, the intimate and interactive classes are the perfect way to keep entertained.

From authentic Arabic tagines and fiery curries to zesty salads and sweet treats, you'll be taught the techniques and recipes behind international cuisines. Once you're finished cooking, you can sit back, relax and enjoy your food in tranquil surroundings. Priced at Dhs400 per class for three hours. There are also classes for children priced at Dhs200. **Call +971 7 206 7777.**





YOUR WEEKEND CHALLENGE

Salted egg yolks

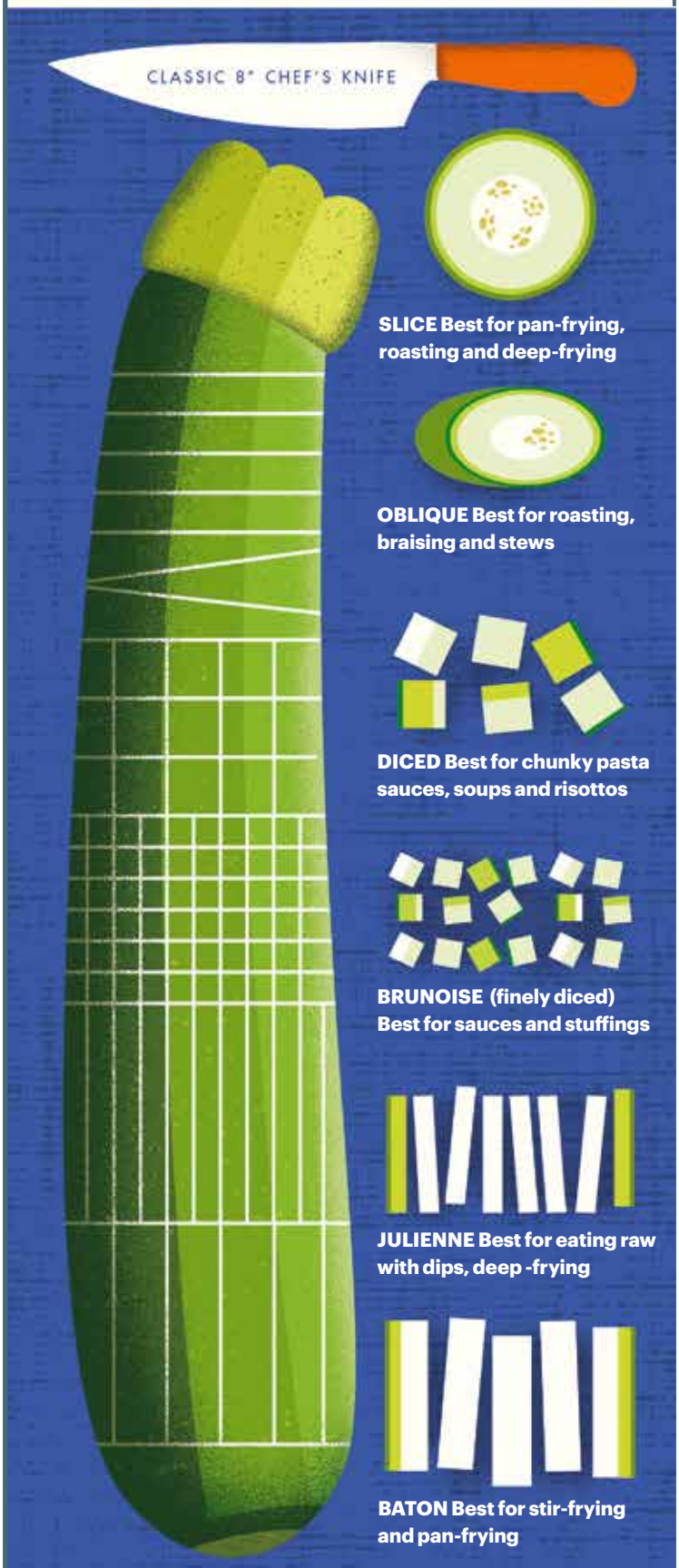
Salted yolks, salt-cured yolks or cured yolks are the most on-trend garnish on the planet. Google it and you'll find lots of complex methods that involve muslin, dehydrators and weeks of waiting. But there's an easier way, developed by chef Adam Handling. Here is his simple guide to yolks with a salty umami punch that you can finely grate like Parmesan – good over pasta or salads, or with avocado on toast.

1 Cover the base of a container about 2cm deep in fine salt (crunchy won't work).
2 Use the back of a tablespoon to make as many dents as there are yolks to cure.
3 Separate the yolks well so there is no white at all attached, then carefully sit them in the dents.
4 Completely cover with more salt. Leave in the fridge for eight hours, or overnight.
5 The next day, remove the yolks – they will have hardened to the texture of a sticky gummy sweet.
6 Wash them under cold water, dry them carefully on kitchen paper and marvel at how much they resemble dried apricots.
7 Heat your oven to its lowest setting (60C/fan 40C/gas ¼ is ideal) and dry the yolks on an oiled cooling rack for three hours, until dry and hard.
8 Once they have cooled, the yolks are ready to finely grate. Amazingly, they will keep in the fridge in an airtight container for up to 3 months.

Courgette illustration VICKI TURNER | Oyster illustrations GEORGE BLETSIS | Photographs DAVID COTSWORTH, GETTY, SHUTTERSTOCK

Sharpen your skills

Use the correct cuts to ensure your veg cooks and browns at the same pace. They look smarter too



ASK THE EXPERT

Q Can I freeze raw bread dough?

A Richard Bertinet says: Any white or olive oil dough freezes, but should only be used for flatbreads, pizza or as a starter for new dough – defrosted yeast will not rise much. Wholemeal dough won't freeze well.

After mixing, leave the dough to rest for a few hours, then divide into pieces no more than 400g – any bigger and the dough won't freeze fast enough. Dust with flour or rub with olive oil and place on a plastic tray uncovered in the freezer. Leave space around it so it freezes quickly.

After a few hours, transfer to a freezer bag and seal. Defrost overnight in the fridge before use.

Richard, a regular guest on BBC One's *Saturday Kitchen*, runs The Bertinet Kitchen cookery school in Bath, England (*thebertinetkitchen.com*).



TECHNICAL ADVISER

Using a mandolin

Mandolins are useful for perfect slices, but they're very sharp – here's how to use one safely.

1 Use the guard and, if the guard has prongs, press them hard into the food before slicing so they grip well.

2 If there is no guard, push food through the blade with the heel of your hand, not your fingertips. This works for bulkier pieces of food too.

3 Use a tea towel when pushing small items through the blade to protect your hand.

4 Never leave a mandolin in a sink full of water or out of the box in a drawer.





FOOD IN FOCUS

Crumble

A crumble falls apart as soon as you spoon it from the dish. To show it in all its glory, bring the whole dish to the table and serve it family style. For the best photo, spoon out one portion so that the sticky fruit is visible. Tag your recipe *@bbcgoodfoodmiddleeast* and we'll regram the best.

HOW TO

Shuck oysters

Whether you're eating them raw or cooked, you should always buy oysters closed, then open or 'shuck' just before eating. An oyster or shucking knife – blunt, stubby, sturdy and pointed – makes the job easier and safer, especially if it has a guard.



1 Cover one hand with a folded tea towel and use this hand to hold the oyster on the table so that the flatter top shell is facing upwards and the hinge is exposed.



2 Insert the shucking knife into the hinge end and wiggle it carefully to lever the top shell up.



3 Run the knife along the inside of the top shell to cut the muscle attaching the oyster to the shell. Discard the top shell.



4 Run the knife underneath the oyster to detach it from the bottom shell. The oyster is now ready to eat raw or to be cooked (see our recipe on page 105).



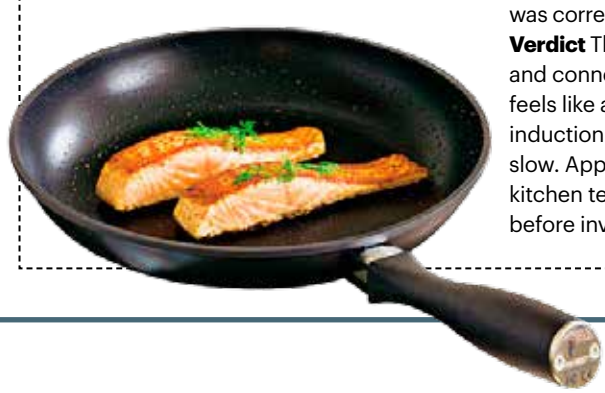
GADGET REVIEW

Cook with your smartphone

Apprehensive about pan-frying? Unsure about what 'medium heat' or 'until done' mean? The new Panintelligent app-operated pan (*thefowndry.com*), aims to help. It works via a temperature sensor linked by Bluetooth to your phone. The app tells you when to stir or add ingredients, and indicates when your food is cooked.

As an instinctive cook, I had to fight the urge to take shortcuts. But, much like using a sat-nav, you get there in the end. I tried omelettes, salmon and steak with trepidation, yet each time it produced good results. Most impressively, the steak was correctly cooked medium-rare.

Verdict The pan works and is high quality, and connectivity is efficient. But it still feels like a prototype: it doesn't work on induction hobs and the heat change is slow. App-operated gadgets are the kitchen tech future, however I would wait before investing.



Lunch in the sun

Recipe JOHN TORODE *Photograph* WILL HEAP



Smoked salmon, cucumber, capers & soda bread

This is a crowd-pleasing, help-yourself starter. I've used smoked salmon, but smoked trout, gravadlax or prosciutto will work just as well. Take the bread out of the oven an hour before lunch and it will still be warm when it hits the table.

SERVES 6 **PREP** 10 mins **COOK** 35 mins **EASY**

1 large cucumber
small pack dill, chopped
200g/7oz pack smoked salmon
small jar capers in brine
1 lemon, cut into 6 wedges

For the soda bread

280g/10oz strong white flour, plus a little extra for dusting
200g/7oz wholegrain flour
1 heaped tsp bicarbonate of soda
350ml/12fl oz buttermilk
1 large egg
1 tsp clear honey
butter, to serve

1 First, make the soda bread. Heat oven to 200C/180C fan/gas 4 and dust a large baking sheet with flour. In a large bowl, combine the flours, bicarbonate of soda and 1/4 tsp salt. Pour the buttermilk, egg and honey into a jug and whisk to combine.

2 Make a well in the centre of the dry ingredients and pour in the wet mixture. Using a wooden spoon, bring the mixture together to form a dough – if it's too wet and sticky, add a little extra flour. Shape into a rough ball and place on the prepared baking sheet. Sprinkle over a little flour, make a criss-cross incision on top of the loaf and bake in the oven for 35 mins – the bread is cooked when you tap the bottom and it sounds hollow. Slide onto a wire rack to cool a little before slicing.

3 Meanwhile, using a peeler, slice the cucumber into long ribbons all the way around, but discard the seeded centre. Place in a bowl, sprinkle with a little seasoning and mix well with the dill.

4 Serve at the table with the salmon slices, capers, lemon wedges, soda bread and butter.

BENEFITS low fat • fibre • omega 3 • 1 of 5 a day • freezable (bread only)
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Competition



WIN!

A **2-night stay for 2 at Amwaj Rotana,** worth **Dhs7,530!**

Win a two-night stay for two at Amwaj Rotana, including breakfast, a BBQ dinner at Horizon and a foot reflexology treatment at Bodylines.

Located just a stone's throw away from the Arabian Gulf Sea and in the midst of New Dubai, Amwaj Rotana couldn't be more conveniently located. Guests of the hotel can idle along the famous restaurant and shopping strip known as "The Walk" Jumeirah Beach Residence (JBR) as well as the new entertainment zone called The Beach featuring retail, cinema, water sports and picnic lawn. Jumeirah Beach is just a 5-minute walk away accessible directly from the hotel.

Offering six restaurants, guests can not only enjoy the best of Italian, Japanese and international cuisine but also expect live entertainment, happy hours, theme nights and more to add that extra touch of fun to their stay. The restaurants at Amwaj Rotana boast an impressive line-up of awards and accolades. Guests who wish to while their time away in the comfort of their rooms will appreciate the 24-hour room service which the hotel provides.

There are many recreational diversions, both on the hotel grounds and within the vicinity, to keep guests active and entertained. Among them are our health and fitness club, Bodylines that comprises temperature-controlled swimming pools for adults and kids as well as a fully-equipped gymnasium, Jacuzzi, steam room and sauna. At a small fee, guests can rent a Beach Kit with beach umbrella, towels, mat, water and cold towels to take with them to the beach just a few steps away.

The spa at Amwaj Rotana offers an array of time-tested massages such as a Balinese massage, Swedish massage, hot stone massage and Thai massage as well as facials including the signature 'AMWAJ' Facial.

HORIZON – ALL-DAY DINING – International (Indoor and Outdoor seating available)

An all-day dining restaurant offering tantalising buffets for breakfast, lunch and dinner, Horizon is decorated in a contemporary style with accents of the sea to symbolise the name of the hotel in which it is located, "Amwaj", which means waves in Arabic. Horizon also features an outdoor terrace which is aptly concealed in the summer to allow for seating without encountering the heat. Opening Hours: Daily 6:30 am - 10:30 pm (Closed on Fridays 12:30 - 6:30 p.m.)

FOOT REFLEXOLOGY TREATMENT:

An ancient massage technique that works on specific reflex points on the feet using thumb pressures. It is believed that the activation of these reflex points will help to improve circulation and promote relaxation.

The prize draw for a two-night stay for two adults at Amwaj Rotana will be made at the end of November 2016. Prize certificate cannot be exchanged for cash, is not transferable, is not for resale. Booking in advance is required and subject to availability.

Log on to bbcgoodfoodme.com
to enter this competition and simply answer this question:

What is Amwaj Rotana's all-day dining restaurant called?

*Terms & conditions apply. Flights are not included in this prize. Employees of CPI Media Group are not eligible to enter. Winners will be selected on random basis from correct entries.

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COMPETITIONS

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WIN!

BRUNCH FOR 2 AT ANANTARA ABU DHABI! WORTH DHS700

Dine on seriously tempting cuisine at Anantara's Big Brunch, featuring an extravagant selection of sushi, grills, tastes of China, Thailand, Mexico and much more, prepared in live cooking stations. Enjoy the unbeatable mangroves view with a relaxed al fresco experience on the terrace, or celebrate to the sound of the live entertainment indoors. The Kid's Club will cater for the youngsters while you enjoy the moment. To book brunch contact: 02-6561000 or e-mail emdining@anantara.com.



WIN!

A DINING VOUCHER FOR 2 WITH A BOTTLE OF GRAPE AT BENIHANA! WORTH DHS500

At the world famous Benihana, a meal is a staged experience. At Amwaj Rotana, Benihana's skilled chefs use the freshest of ingredients as they perform at your teppan table. Rediscover the personalised experience of having a choice of succulent seafood, tender chicken, juicy steaks and garden-fresh vegetables grilled to delicious perfection in an extraordinary theater that will feed the senses and entertain the appetite. To book a table call: 04-4282000 or e-mail online.amwaj@rotana.com.



WIN!

A MEAL AT CALIFORNIA PIZZA KITCHEN FOR 4! WORTH DHS500

California Pizza Kitchen (CPK), with its reimagined Californian dining experience and contemporary relaxed atmosphere, has launched its fifth outlet in Dubai, in Dubai Festival City Mall. The restaurant promises to offer a whole range of incredible dishes including a hearth roasted salmon and arugula & quinoa salad, alongside classics like the original BBQ chicken pizza, salads and pastas. Call 04-3252022.



WIN!

DINNER AT DUBAI CREEK GOLF & YACHT CLUB LAKEVIEW FOR 4! WORTH DHS1,000

Step into the new season with a host of exciting offers at Lakeview. Drop in any evening of the week between 7-11pm to enjoy an al fresco dinner with friends on the terrace, at just Dhs250 per person inclusive of unlimited buffet and selected house beverages, along with live entertainment. Get a team together and enter the popular Wednesday Quiz Night hosted by Big Rossi, or spend a night with the girls every week at the Sassy Tuesday's Ladies Night, open daily 7pm to 2am.



WIN!

4 VOUCHERS FOR DINNER FOR 2 PEOPLE AT SEAFOOD MARKET! WORTH DHS500

It's time to go under the sea with Manzil Downtown Dubai! Dive through an array of delicious flavours from the ocean floor - red snapper, sea bream, pomfret or prawns, the new seafood nights at Downtown's hidden gem has it all. Fresh from the succulent seafood market and straight to your plate, prepared the way you like it, Manzil Downtown Dubai brings the city yet another unforgettable evening of delectable culinary delights! Seafood Market at Boulevard Kitchen, every Thursday, from 7-11pm. For bookings call: 04-8883444.



WIN!

BRUNCH FOR 2 AT DUBAI POLO & EQUESTRIAN CLUB! WORTH DHS470

Turn your Fridays into a getaway. Weekends calls for special times with special people. The unique polo brunch presents the perfect opportunity. Lush green fields, fresh air, delicious food and all the thrills of the sport of kings. From 1-4pm.



WIN!

DINNER FOR 2 AT YO! SUSHI, DUBAI FESTIVAL CITY MALL! WORTH DHS500

What better way to face the summer than with the Entertainer Dubai With a super cool restaurant, a bright and funky Tokyo-style space, not to mention an exciting 100-dish menu, you'll will not be disappointed with this new branch of YO! Sushi. Menu highlights include salmon and yuzu salsa tataki, chicken katsu, tuna maki and exotic salads such as kaiso, aubergine and kimchee salmon.



WIN!

THE ENTERTAINER CHEERS! WORTH DHS495

Summer has definitely kicked in! Beat the heat and find your cool zone with Cheers Dubai, the new Entertainer App. Featuring hundreds of Buy One Get One Free offers exclusively on drinks, the Entertainer Cheers will help you to cool down in the best restaurants, bars and nightspots of Dubai including renowned names such as The Observatory, The Meat Co, Fume, Cocktail Kitchen, Barrel 12, Sun&, Tribeca, Aquara, Tortuga, KANPAI, El Sur, Café Habana and many more. The Entertainer Cheers is your best partner to ease the heat this summer so don't miss your chance to get it for free! Cheers is intended for the use by persons of legal drinking age (over 21 years) and non-Muslim.

To stand a chance to win these prizes, visit our competitions page on www.bbcgoodfoodme.com, or simply scan this QR code with your mobile to go directly to the website, and answer the simple questions.

*Terms & conditions apply. Employees of CPI Media Group and entrants below 21 years old are not eligible to enter. Winners will be selected on random basis from correct entries.

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